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the Way You Train

THRIVE UNDER PRESSURE

p.120

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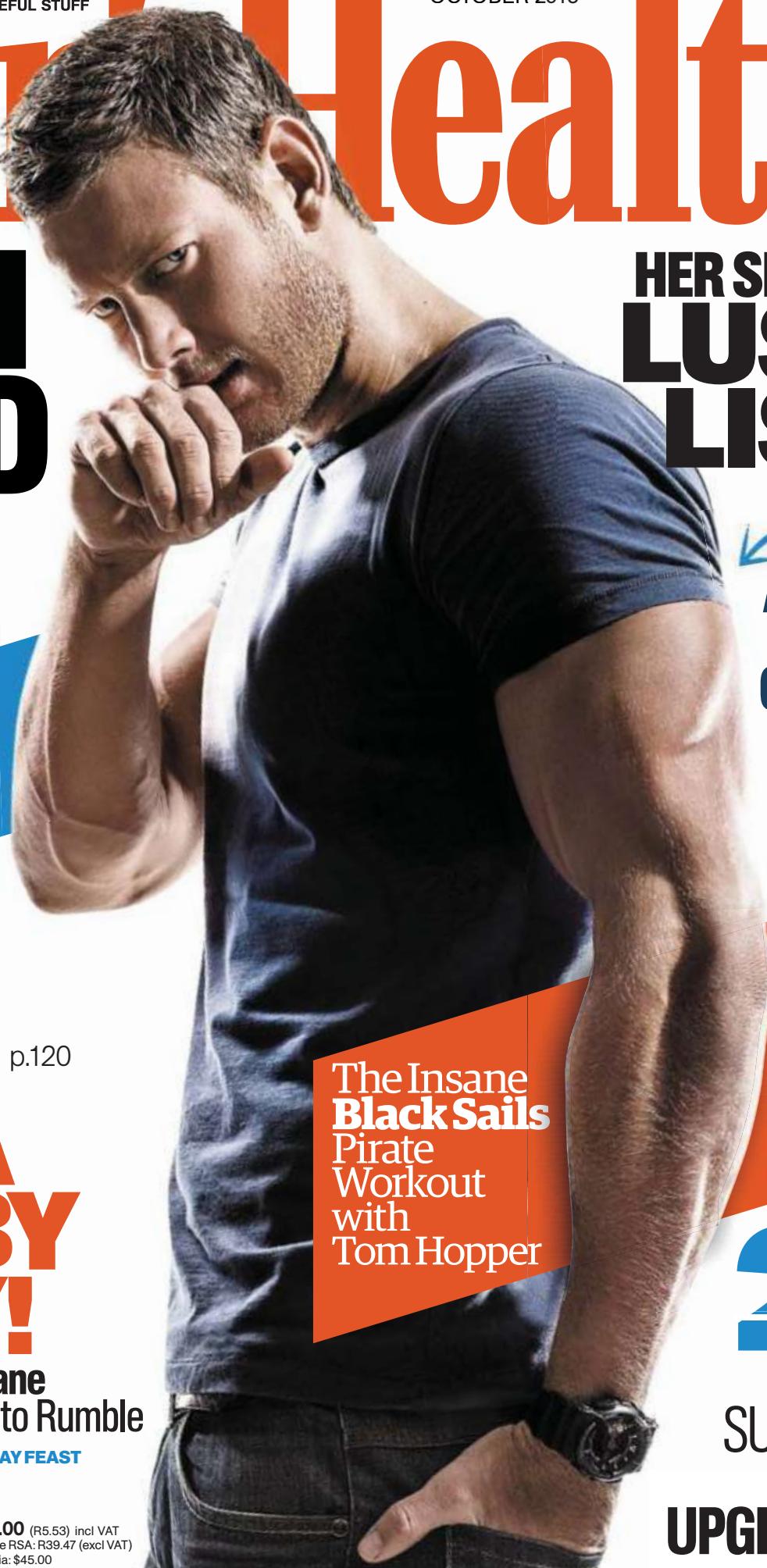
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HER SECRET LUST LIST

BIG
ARMS
AND
CHEST
NOW!

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The Insane
Black Sails
Pirate
Workout
with
Tom Hopper

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SUMMER
STYLE
UPGRADES



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Duane Vermeulen
leads our pack of
super athletes



Mens



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ON THE COVER
Cover Guy Tom Hopper
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SEX

15 Things She's Thinking When You're Naked

Why invest in all that gym work if you're not going to show it off? Here's what she really thinks when you strip down.

<http://www.mh.co.za/sex-women/15-things-shes-thinking-when-youre-naked/>

PSYCHE

The Real Reasons You Overeat

You don't always gorge on the nachos just because they're delicious. There are other more insidious reasons for cramming food in your mouth. Understand them to defeat them.

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FITNESS

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A black and white photograph of Johnny Depp. He is looking off to the side with a serious expression. He has long hair and a beard. He is wearing a dark, button-down shirt. His left arm is bent, with his hand resting against his chest. He has several tattoos on his left arm, including a large cross. He is also wearing several bracelets and rings. The background is a bright, hazy sky.

SAUVAGE

THE NEW FRAGRANCE

Dior



Men's Health

TONS OF USEFUL STUFF

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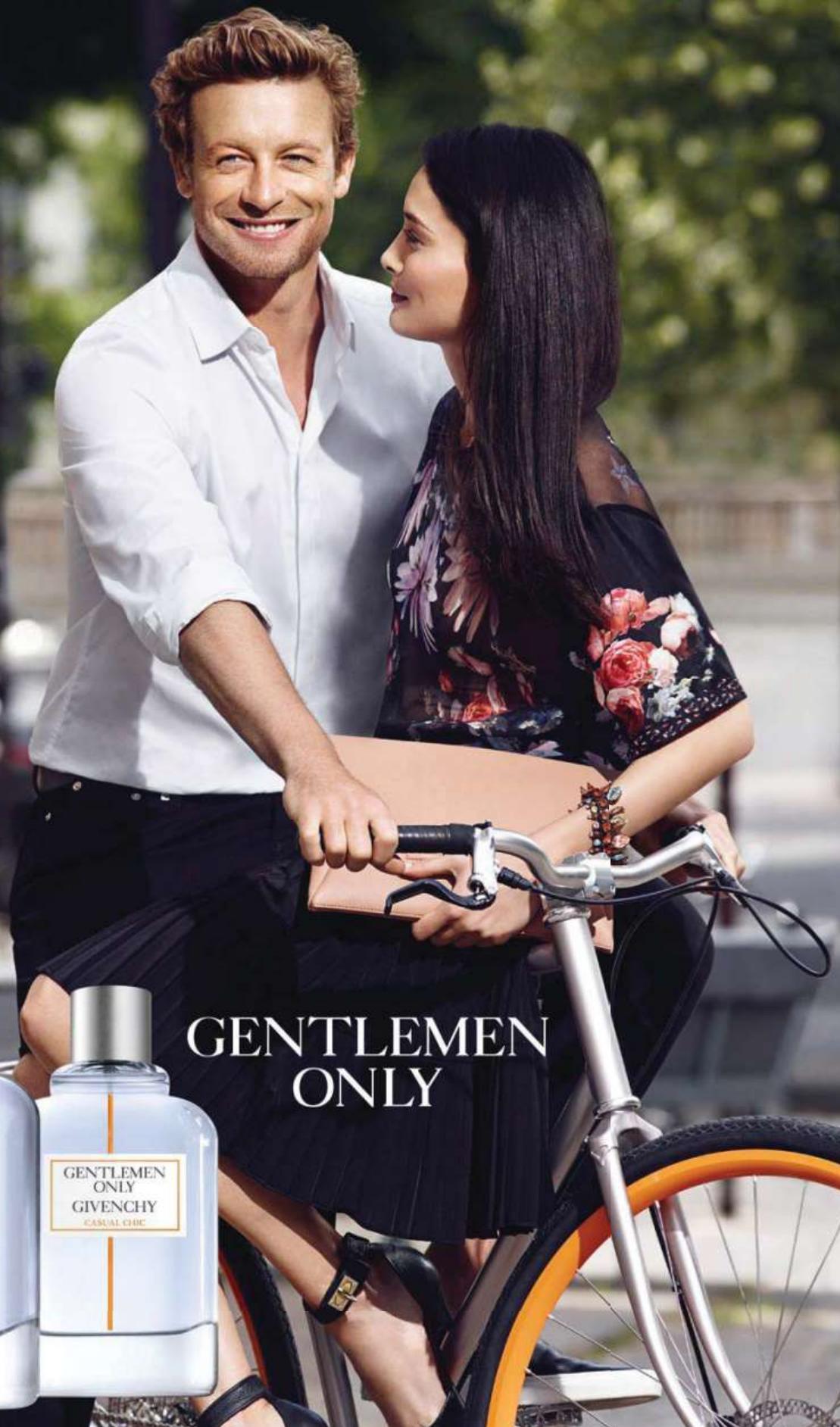
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GENTLEMEN
ONLY



BEST LAID PLANS



■ IF YOU'RE READING THIS, YOU'RE PROBABLY TAKING A BREAK FROM TV.

So I'm going to get straight to the point: good news is that we're heading into summer. Bad news is that all that couch time is probably going to set your beach body back by a month. But it's okay, we've got your back. Consider this your highlights package to the best channel in town, so you don't fall too far behind:



1/ BUILD RUGBY MUSCLE Just in time for RWC 2015, we speak to Springbok loose forward and all-round hard man Duane Vermeulen about how to build an unbreakable body. Get that, plus additional big muscle moves from international stars James Haskell and Michael Hooper, on page 92



2/ CATCH A PIRATE Not only is *Black Sails* one of the biggest productions filmed in South Africa, but all the leading men of this swash-buckling series were trained locally to ensure they looked as lean and mean as the originals. Find out how cover guy Tom Hopper and the crew got ripped in record time, on page 102.



3/ LAY ON SOME GAME DAY GRUB And if you're going to spend a good amount of time in front of the TV, you might as well have your lounge fully kitted. Find the ultimate set-up for the modern man on page 42.



4/ SPORT THE RIGHT KIT And if you're going to spend a good amount of time in front of the TV, you might as well have your lounge fully kitted. Find the ultimate set-up for the modern man on page 42.

5/ LOOK THE PART! Sun's out, guns out! Warmer days means it's time to ease into summer fashion. Flip the mag for your complete Style Guide.

3/ LAY ON SOME GAME DAY GRUB We know you can braai. And order pizza. So if you're going to entertain, can we suggest you take on the taco? What's not to like about chips, guacamole and cheese? Complete instructions on page 74.

Ready to get stacked, ripped, prepped and kitted out? Summer's here and this is your manual for an action-packed month. I hope that by the next time we chat, we'll have something to celebrate! Go Bokke!

Have a fantastic month,

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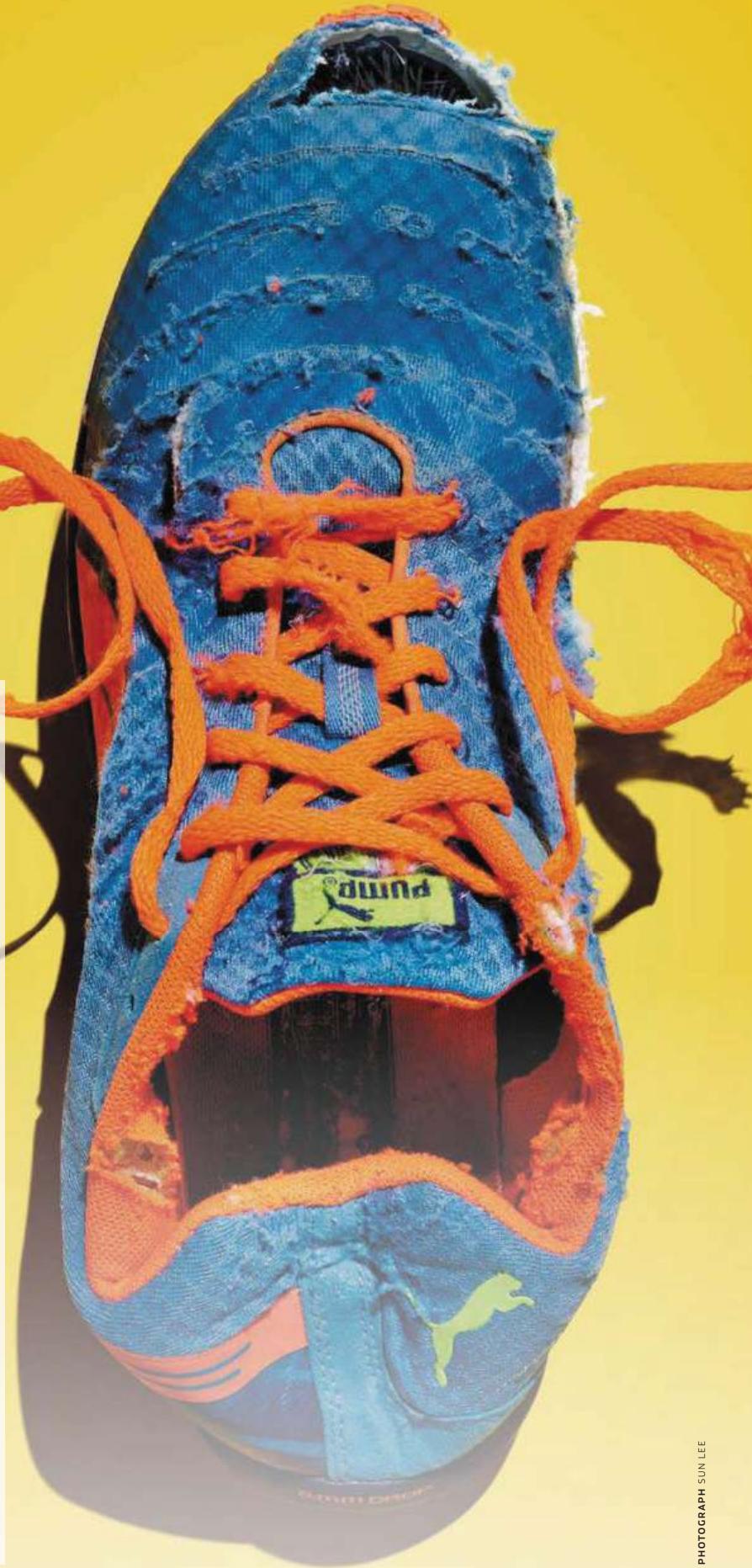
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and we'll get
the answers

Can running actually be bad for me?

JAKE, KALK BAY

Blisters may be a badge of honour for marathon junkies, but some walls aren't worth pushing through.

Although the University of South Carolina found running up to 32 kilometres per week lowers your risk of early death by 30%, "little and often" has better all-round benefits. A two-hour slog won't increase your life expectancy any more than a 30-minute jog. Meanwhile, Manchester University linked long-distance cardio training with abnormal heart rhythms in later life. "The ideal is to run for half an hour, no more than five times a week," says cardiologist Dr James O'Keefe. Speed wins you no prizes, either: a 9 to 11 kilometres per hour pace is proven to benefit your heart, but any faster can stress your nervous system. Keep tabs by monitoring your resting heart rate, says fitness coach Rob Blair. Check it at the same time each day, and if it varies by a couple of beats, take a rest day - or risk running yourself into the ground.





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The new fragrance for him

INVICTUS

▶ **DOES IT WORK?**



ASMR Videos

MAYBE
● NO



The Claim Watching autonomous sensory meridian response (ASMR) videos, which show women whispering while performing mundane activities, will create a calming, tingling sensation in your scalp that helps alleviate anxiety and insomnia.

The Reality There's no scientific evidence that watching a woman build a Lego kit or cut hair will help you chill or conk out. So what explains the huge audience for ASMR videos, of which there are currently more than a million on YouTube? One possibility is that taking in the soft intonations and languid movements has a soporific effect similar to that of listening to ocean waves, says Dr Christopher Winter, who specialises in sleep medicine. Specifically, a steady stream of low-frequency noise synchronises your brain waves, which may help you fall asleep faster and have a more stable slumber, reports a study in the *Journal of Theoretical Biology*. but even if that's what's actually behind ASMR – still a big *if* – Winter says you can get the same benefits from listening to a sleep-inducing soundtrack like the Sleep and Noise Sounds app (Free: iOS and Android).

My knees crack when I squat. Should I be worried?

MIKE, ROSEBANK

What else is happening when you hear this pop music? In most cases, if your knees crack but don't hurt, then the noise is just *crepitus* – gas bubbles bursting, says Tony Gentilcore, cofounder of Cressey Sports Performance. Sure, *crepitus* sounds scary, but those gases – oxygen, nitrogen and carbon dioxide – are just part of synovial fluid, a natural joint lubricant. Another harmless knee noisemaker: your tendons may be clicking back into place after shifting slightly out of their

original position. What isn't normal is popping accompanied by pain. "Some guys push their knees too far forward while squatting, and that puts a lot of undue stress on their joints," Gentilcore says. Over time, this causes cartilage to wear down and lose its smoothness, resulting in an audible noise when your bones grind against each other as you bend. Worst case? You'll tear your meniscus. If you're hurting, have your knees seen by your doctor. You may be told to take a few weeks off from working out to let any swelling die down. When you return to lifting, check your form with the wall squat test: stand

with your feet hip-width apart and toes touching a wall. Then squat. If your knees hit the wall, try again, this time keeping your hips back and shins vertical. Do it right and you'll be rewarded with silence.

My daughter's birth made me so happy. So why was I crying?

NASHANE, DURBAN

Relax. There's only one true crybaby here, and that's your new kid. Your unexpected outpouring is totally understandable. "Crying can reflect coming down from any intense emotion, either positive or negative," says Lauren Bylsma, an assistant professor of psychiatry at the University of Pittsburgh. "It usually happens right after the peak of an emotional experience." In other words, tears are your body's attempt to tame an overpowering rush of feelings. Crying also has health benefits: Bylsma's research has found that some people who bawl for

a few minutes report feeling better, mentally and physically, afterwards. Letting the waterworks flow may help reduce the stress caused by the situation, producing a self-soothing effect on both your body and your mind, explains Bylsma. So it's a good thing you got it out, okay? And if your relatives caught that moment on video, tell 'em you aren't that sensitive – you're just being very proactive about your health.

Can cycling affect my fertility?

SIFISO, PRETORIA

We're afraid you might have to hold off trying out for the MTN-Qhubeka team. If you're on two wheels more often than two feet (or cycle more than 4 800 kilometres per year), you could be saddled with a testing problem. According to the *Journal of Strength & Conditioning Research*, the restricted bloodflow to the crotch lowers testosterone. Tight

shorts and constant jostling can also elevate levels of gonadal steroids, which impair your ability to produce sperm, says Ferdinand Frauscher, professor of radiology at the University of Innsbruck. But it's not all doom and gloom – get out of the hotseat by investing in proper suspension, padded shorts and a saddle that has the central section cut out to put less weight on your bits. Time to get a chamois on.

How old should my son be before he goes out running with me?

JABULANI, THEMBISA

Can the kid tie his own shoes? Then he's ready to run, says Dr Jordan Metzl, a New York-based sports medicine physician. In other words, 5 or 6 years old is a safe starting age, Metzl says. While you guys are bonding, your son will be building strength in his ligaments, bones and

tendons, which in turn should reduce his risk of future running injuries. Just keep the mileage per outing to a minimum for at least a few years: your boy's bones won't reach full strength until after he hits puberty, so tromping too far too soon could lead to repetitive-use injuries. For starting mileage, Metzl's general guideline is to limit your father-son runs to 3 to 5 kilometres until he turns 10. (That's probably the distance he'd cover while running around with his friends anyway.) Then bump it up to 9km until age 13. Just remember to let your son set the pace so he's not tripping over himself trying to keep up with you: almost half of athletic running-related injuries in kids ages 6 to 11 come from stumbles, according to a study in the journal *Clinical Pediatrics*. By the time he hits high school, your only worry should be whether you're fast enough to keep up with him.

Coffee has become a crutch I want to drop. What's a good alternative?

NTATHO, FOURWAYS

On the sliding scale of vices, coffee is right down there with reality TV. Nonetheless, it can be addictive – and while you're unlikely to OD, you'll certainly feel the withdrawal symptoms. But there's no need to book into rehab just yet. "Since caffeine is a relatively weak drug, it's also not that difficult to quit," says Stephen Braun, author of *Buzz: The Science and Lore of Alcohol and Coffee*. Try Lipton decaf black tea. Despite its somewhat misleading name, it has a bitter flavour that should fool your tastebuds. If you still crave the kick, have green tea instead. It has more caffeine, but far less than an espresso.





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YOUR BRAIN MAY SOON HAVE SOMETHING IN COMMON WITH YOUR CAR BATTERY: the ability to be jumpstarted. But instead of clamping booster cables to your ears, you'll stick a few electrodes on your skull. "Transcranial direct current stimulation (tDCS) uses a headset with a low electrical current to enhance cognition and creativity," says Dr P. Murali Doraiswamy, a professor of psychiatry at the Duke Institute for Brain Sciences in North Carolina in the US. "Researchers are conducting studies right now to prove that it's safe and effective." The Medicines Control Council (MCC) is still working on changing regulations so tDCS kits can be made universally available once they're FDA-approved, which, he says, might take a few years. Until then, charge up your grey matter with his smart strategies.

2-SECOND LIFESAVERS

Protect Your Smile

Don't be frugal with the floss. You need at least 45 centimetres in order to grip it properly and have a clean, unshredded segment. Also, make sure your hands are no more than 5 cm apart for better control; the further apart they are, the greater the likelihood that the strand will snap and gouge your gums.

Dr Mark S. Wolff, professor and chairman, Department of Cariology and Comprehensive Care, New York University College of Dentistry

Win Over Your Boss

The joke's on you if you laugh at your boss's lame humour. A study in *Evolution and Human Behaviour* reveals that fake laughter fools people a third of the time. Your breathing gives you away, the study authors believe. So next time someone tells you a dumb joke, just smile to acknowledge the effort.

William Pollack, associate clinical professor, Department of Psychiatry, Harvard Medical School and Cambridge Health Alliance

01

Walk the Talk

"I always thought walking was for old guys. It never gave me a surge the way tennis did. But lately I've been taking strolls through the forest with my colleagues and family. When you exercise at a slower intensity that allows conversation, you lose inhibitions and use different, more creative parts of your brain. It's really helped me unlock a lot of things."



02

Be a Mantra Man

"I meditate for about 20 minutes in the morning. I do it sitting down and use ancient Vedic mantras, such as one called *Gayatri*. I do three sets of 108. You can also just focus on breathing and let your mind wander. The scientific evidence backs up my experience: meditating really helps enhance focus. You learn to stop yourself from multitasking."



03

Keep a Cool Head

"Your brain has two decision-making circuits. Cold cognition involves judgements made outside of any emotional context, while hot cognition is influenced by factors like stress, fatigue and hunger. If you're feeling vulnerable to using hot cognition, lower the temperature by imagining yourself making the decision on behalf of someone else."



04

Stretch Your Mind

"I go to just one brain conference a year but travel to symposiums on other topics as well. At a recent architecture conference, for example, I learnt how a city can use green space and water to improve the mental resilience of its citizens. Previously I'd thought about resilience techniques only on an individual level. Expand your own perspective by watching TED talks."



T R E N E R Y

Spring 2015





PERFECT BODY, BUT WHAT ABOUT A PERFECT SMILE?

You have spent hours in the gym, on the trail, on the bike, crafting that perfect body. You made the decision to make the investment in your health by putting in the effort and it has all paid off at last.

You have reason to be proud, but what if you are too embarrassed to smile about it?

Why your smile should matter (and yes, it actually does!)

First impressions are made within seconds of meeting a person. When you meet someone for the first time, they process a vast amount of information about you in the first few seconds. Shoes, fitness level and physical features, are just a few of the items that are scanned and evaluated. Eyes, hands and especially a smile are in the upper percentage of the most (or least) appealing features of a person.

An attractive smile and teeth (along with that awesome body) represents the epitome of beauty and self-confidence to modern society. It is not so much what others think about us, but rather how good or bad we feel about ourselves that determines our interaction with the world around us. We carry ourselves more confidently if we can smile without hesitation. A confident smile portrays us as more approachable, honest and engaging in business and personal relationships.

The link between dental health and physical well-being

Our smile is not just an aesthetic feature but also an indicator of our general health. Bad bacteria inside an unhealthy mouth can affect your heart and body and contribute to:

- Heart attacks
- Strokes
- Kidney disease
- Diabetes
- Preterm births
- Prosthetic joint complications

A Breath of Fresh Air

Bad breath well, is just plain...BAD to have, it's one of the top turn-offs as rated by people in a recent survey in which the appeal of potential partners was assessed. Gum disease has a distinct and unpleasant odour. So fresh breath is not only an indicator of good oral health but also improves your chances of getting that first date!

Smile issues

In our dental practice, we see people on a daily basis who are

ashamed of their smile because of these common complaints:

- Yellow teeth
- Skew teeth
- Silver and discoloured fillings
- Missing teeth
- Tooth ache
- Cavities

The mere thought of going to the dentist makes most of us cringe. This is the reason why so many people ignore problems until it aches (and very few things compare with a toothache on the pain scale).

The Fix

Luckily we are a modern society with ultra-modern technology, and dentistry has moved with the times as well. The Cerec computerised dentistry technology we use in our practice is state of the art, in fact it's world class. While there may be no quick fix for a great body, the good news is that there is one for a great smile! We can fix your smile in a single visit to our ultra-modern dental practice.

What is computerised dentistry?

Whether you are a bit of a technogeek or not, these computers and machines will impress you.

This is how it works:

Beforehand, you and your dentist decide on a tooth colour that suits your looks, personality and preference. We would typically decide on a whiter colour, because you are investing in your smile and nobody wants yellow teeth!

A camera placed over your teeth takes a live-stream video, captures the images of your teeth and creates a 3D image on the screen right next to you.

From this image, your dentist designs anything from a tiny filling to a crown by rotating the image and tweaking it to perfection using a sophisticated hardware and software interface.

The really impressive part:

Once the design is finished, a solid ceramic block about the size of your

thumb's nail is inserted into a milling machine and the "mill" button is pressed. Within 5-7 minutes a computer-machine milled filling, veneer or crown is made in 3D on the spot. This is also referred to as CAD/CAM dentistry (Computer aided design/Computer aided milling)

We then take this marvellously manufactured "tooth" and individualise it even further with porcelain glazing tints, to give it that high shine and gloss.

The finished, full porcelain veneer or crown is then permanently cemented onto the tooth structure in your mouth.

This is:

- single visit dentistry
- instant perfection
- computerised dentistry

What does it mean for me?

- Your dentist can create a brand new smile in one visit - no temporary crowns and no wasted time
- Teeth are created with a standard of perfection that no human dental technician can compare to (man vs machine)
- The beginning of the confident you with your new smile.

How do I maintain it?

Once you have made this investment in your self-esteem and confidence, the maintenance is easy. Take care of your new smile by brushing and flossing properly (which you are doing in any case, right?) and visiting your oral hygienist regularly.

How long will it last?

Rule of thumb: Your teeth will outlast you.



Now you can have that body and own that smile, it's yours to be proud of!

Written by Dr Adé Meyer & Lawrence Kritzinger



DR. ADÉ MEYER
COMPUTERISED • COSMETIC DENTISTRY
DR. NADIA ERASMUS



www.dentistrysa.com

Call us 012 435 8784 or 012 994 4773



Christo Viviers
Business Owner

As a young boy, I used to be very self-conscious about my teeth. A decision by my parents and dentist was made that braces weren't necessary. As a result, I have always been reluctant to smile. Dr Adé Meyer did a full rehabilitation. My new smile has made me happier and I have more confidence than I ever thought possible. My life has changed for the better.



Before



After



Almarie Rogers
Regional manager

My health and appearance have always been important to me. A few mishaps with my teeth left me feeling embarrassed to smile with ease in front of my clients and friends. I have a busy social life and an occupation that requires me to interact with people regularly.

Dr. Adé reconstructed my teeth giving me the ability to smile freely and the confidence to be...me.



Johnn Wehrmann

When I was younger I had an accident that damaged my front teeth. This caused me to lose more than just my smile. I also lost the ability to interact confidently with others.

My teeth were restored with traditional methods but the results were unsatisfactory. Many years later, my path crossed with Dr Adé Meyer, who restored my smile and confidence using the latest cosmetic and computerised dentistry techniques.



Jade Axon
National Finalist for Miss Earth South Africa

I have always been someone who takes on life's challenges with an optimistic outlook. Now accompanied with a beautiful smile, I am able to empower myself with the confidence it gives me. A smile can change everything, you should embrace every moment with laughter.



LOUD

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THE FORBES & FIX SHOW

1 PM - 4 PM WEEKDAYS

WWW.5FM.CO.ZA

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LIVE

ROB FORBES &
FIX MOETI

OCTOBER 2015

BOARD
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WAVE OFF WEAK BONES

Even fun, low-impact sports may bring big benefits: according to new Australian research, **surfing can help you build bones of steel**. Surfers in the study had up to 22% higher bone density in their arms, ribs and spine than their more sedentary mates. That's because all that paddling out and riding in uses muscles that cue your bones to thicken. However, leg-bone density was only marginally better in surfers – so to keep your stilt strong, balance low-impact sports, such as surfing and swimming, with high-impact activities, like running and strength training.



For up-to-the-minute health news and tips, go to mh.co.za/health

PRESS TO IMPRESS

Upper-body targets: triceps and front and middle deltoids

Lower-body targets: glutes, quads, hamstrings and calves



Step 1:
Hold dumbbells in front of your shoulders, then dip your knees.



Step 2:
Push explosively with your legs and press the weights up.

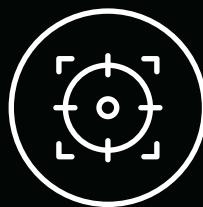
Push Yourself to New Heights

The next time you do an overhead press, don't just stand there – give yourself a push. **The push press can help you build serious lower-body power**, according to a new study by British researchers. When participants performed the move, which adds a partial squat to the overhead press, they exerted the same amount of force into the ground as they did during a barbell jump squat. The takeaway: by swapping your regular shoulder exercise for the push press, you receive the benefits of two moves for the price of one. Just 3 to 5 sets of 3 to 5 reps once a week will do the trick.



SUSPEND YOUR SOLO WORKOUTS

Start sweating with others. **People who do group high-intensity functional training, like CrossFit, are nearly twice as likely to say they'll stick to the fitness plan**, according to research from Kansas State University in the US. "Participants liked the variety, results and competitiveness," says study author Dr Katie Heinrich.



RULE REVERSAL

SHIFT YOUR PERSPECTIVE, BOOST YOUR PERFORMANCE

Old Rule Focusing on internal cues, such as pushing your torso up during a push-up, is the best way to maintain good form while training. **New Rule** Men can generate more force and bang out more reps by focusing on external cues (shoving the ground away during a push-up), according to a *Strength and Conditioning Journal* review. To move more weight, use these cues:

PULL-UP Pull the bar towards the floor.

SQUAT Push the floor away and apart with your feet.

DEADLIFT Anchor your feet to the floor and drive the bar toward the ceiling.

PLANK Imagine that you have one glass of water on your head and another on your hips. Try not to allow either glass to spill.

Handy gadgets that save you time – and money

Few things are better than a cool gadget that saves you both time and money. Here are a few tips from *Hippo.co.za*

THE FOLLOWING HELPFUL AND COST EFFECTIVE GADGETS WERE SCOUTED BY THE FELLAS FROM ANOTHER HANDY TOOL: THE FREE TO USE, QUICK AND EASY ONLINE COMPARISON WEBSITE, HIPPO.CO.ZA...

GET QUOTES NOW
SMS HIPPO TO 45718 OR VISIT HIPPO.CO.ZA

1

Portable Coffee Machine

If you love a good cuppa, then the regular instant coffee granules at the office just won't make the cut. With a portable espresso machine, you can enjoy your favourite coffee blends and ultimately save on having to buy from the nearest café.

2

Car Diagnostic Tool

This tool provides you with useful information such as petrol usage, water coolant temperature and your vehicle's average speed. It will also display a code when your check-engine light is on, allowing you to manage costs and reduce the risk of unnecessary damage to your vehicle.

3

Streaming Media Player

Data's getting cheaper by the day, so you can save on monthly costs by streaming your favourite shows and bypassing channels you never use. A media player can be connected to your TV and allows you to stream and only pay for the programmes you wish to watch.

WHILE STREAMING YOUR
favourite programmes, you can also hop online and save time and money by comparing a range of SA providers across financial products such as Car Insurance, Household Insurance, Buildings Insurance,

Life Insurance, Medical Aid and more, by simply visiting Hippo.co.za. "The website is a free, no hassles and no obligations site that allows you to instantly compare across financial products such as Car Insurance, Household

Insurance, Buildings Insurance, Life Insurance, Medical Aid and more," says Derek Wilson, Head of Hippo.co.za. "Even when upgrading your household and portable gadgets, ensure that you compare your options from a range

of different Household Insurance providers on Hippo.co.za." One in two people could save hundreds of Rands per month* on their Car Insurance alone by using Hippo.co.za to compare before they buy or switch to a new provider.

hippo.co.za
compare. buy. save.



For up-to-the-minute weight loss news and tips, go to mh.co.za/weight-loss



Watch Your Mouth at Work

Munchies memo: **you're more likely to pig out at your desk than at the kitchen table.** A study in the journal *Appetite* found that the chances of snacking were 60% higher in the workplace than at home. One factor could be all that multitasking, says study author Jodi Liu. You may chow mindlessly when you're balancing many projects. So stock your desk drawer with healthy snacks, such as nuts or trail mix, and divide them into smaller helpings to avoid emptying an entire bag.

SEEING IS SLIMMING

Your eyes are windows to your belly: according to new Dutch research, **photos of proper snack portions can be a useful weight loss tool.** People who were given a bag of peanut M&M's that included a photo of an appropriate portion served themselves 10 to 15 fewer pieces than those who didn't see the pic. Visual depictions avoid guesswork based on the bag size and can help you stick to the serving recommendation, says study author Iris Versluis. The app Calorific (free, iOS) shows you what 200 calories (or 836 kilojoules) looks like for more than 180 different snacks.



BREW A BETTER BODY

Cut the jiggle – and the caffeine. A British study suggests that **decaf green tea may help you torch fat.** Men who took a daily 571mg decaffeinated green tea capsule (equivalent to 6 cups or so) for a month saw their fat oxidation rates during exercise rise 25% more than those of a placebo group. That may have helped them shed 1.6% of their body fat. It's the tea's catechin content, not the caffeine, that boosts metabolism, says study author Dr Justin Roberts. To enhance your workout's fat-burning effects, take a capsule of GNC Herbal Plus Green Tea Complex (**R249 for 100 capsules, Clicks**) daily.



WHAT THE HELL IS THAT?

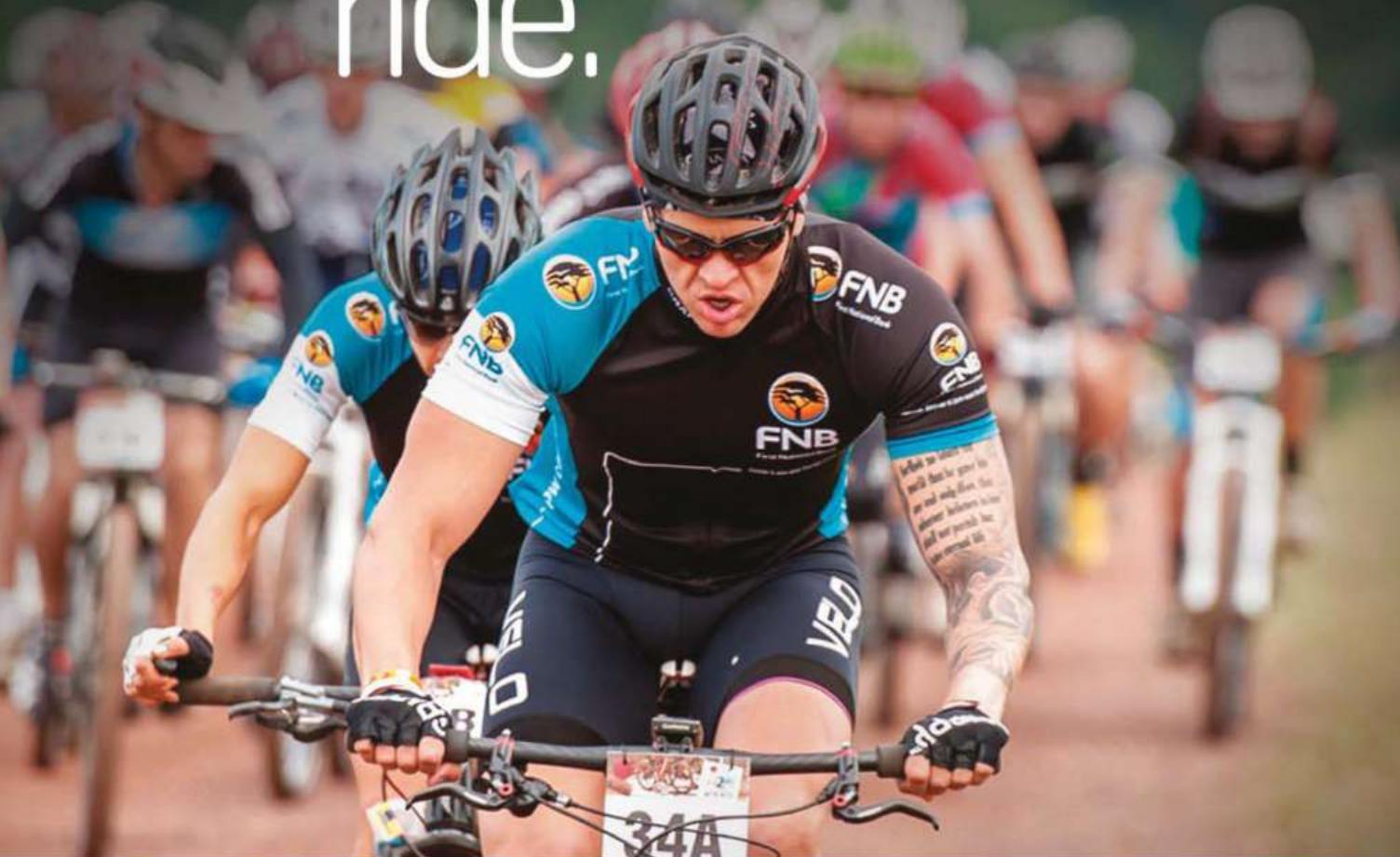


The Term Medium-Chain Triglycerides

What They Are MCTs are fatty acids that are rapidly metabolised and can help you lose weight. In a New Zealand study, people who replaced some of their dietary fats with oils containing MCTs cut their waist circumference by over a centimetre after about 10 weeks.

How to Eat More Swap out your usual cooking oil for coconut oil. A tablespoon a day is optimal for MCT intake.

We get why you ride.



It's in your DNA to conquer mountains.

Out there, 'pressure' and 'challenging' are redefined. You push so hard that anything else pales in comparison. You're driven to conquer mountains, literal and figurative, in SA and abroad. And you don't let mud, sweat, blood, or even tears stop you from pushing on. Or from enjoying the ride. We get that. Which is why we'll proudly stand behind you as you set yourself new challenges on the course, in your personal wealth and business. Whatever your challenge, we're there to help.



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First National Bank

how can we help you? 



For up-to-the-minute health news and tips, go to mh.co.za/health



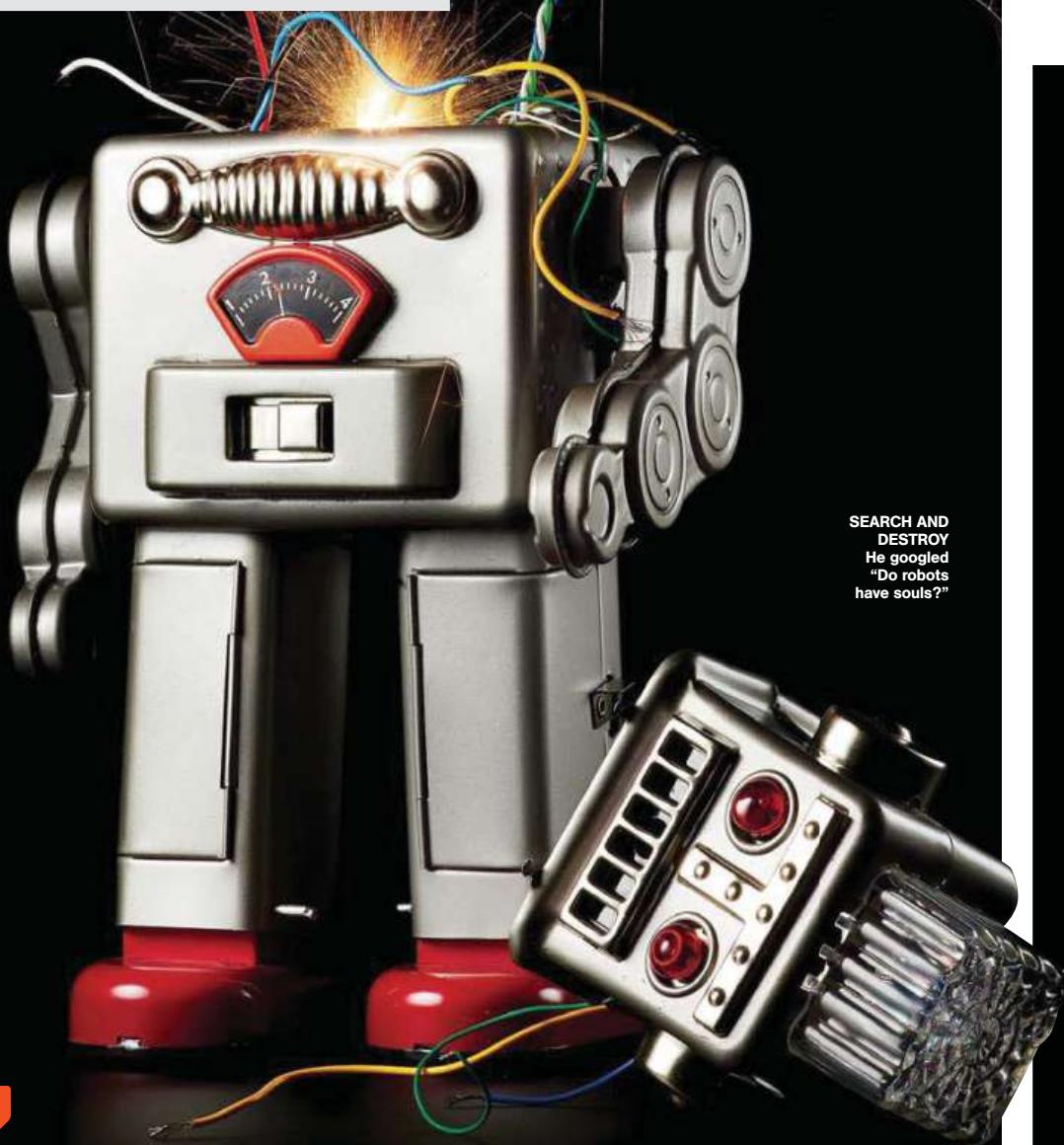
DRIVE AWAY STROKES

More reason to be a man with a plan: **having a sense of purpose in life can lower your risk of brain tissue damage**, reports a recent study in the journal *Stroke*. Researchers found that people who felt their lives had meaning were roughly half as likely to have suffered macroscopic infarcts: small areas of dead brain tissue caused by blocked bloodflow. Study author Professor Patricia Boyle suggests that the positive effects of taking up a hobby or volunteering can act as a buffer against age-related brain conditions.



SMELL LIKE SUCCESS

Need a loan? Spritz on the right scent: **the smell of lavender can make you seem trustworthy**, say researchers in the Netherlands. People gave more money to others when the room smelled like lavender – that's because the scent is soothing; plus, your olfactory nerve is connected to the brain region that controls the way you trust others. To improve the odds that you'll shake on the deal, apply Mineraline Lavender Hand Cream (**R99, Dis-Chem**).



Don't Short-Circuit Your Brain

Think before you google: **relying too heavily on search engines could mess with your mind**. In a Canadian study, people who spent 20 minutes or more per day looking up information on their smartphones performed up to 19% worse on cognitive tests than those who used their devices less. Study author Professor Nathaniel Barr says offloading tasks from your brain instead of solving a problem on your own may make you think less creatively and analytically. Check your mental agility: a bat and ball cost R1.10 in total. The bat costs a rand more than the ball. How much does the ball cost? (Hint: it's not 10 cents.)*



The Youth Serum Eating a serving or two of leafy greens every day may slow your rate of cognitive decline to that of someone 11 years younger, according to new research from Chicago's Rush University. **How to Take It** Pile your plate with spinach, kale and cabbage. They contain folate, beta-Carotene, vitamin K and lutein, the nutrients likely responsible for brain protection, says study author Dr Martha Clare Morris.



Lipidol is a range of six new oils for daily skincare. Featured product: Lipidol Cleansing Body Oil 200ml. Washes off dirt without stripping the skin's natural oily layer. Available at selected Clicks stores at the recommended retail price of R79.95. lipidol.com



RHYTHM AND CRUISE

To stay in shape, stay tuned: **music can speed your running as well as your recovery**, a new Brazilian study reveals. Guys who listened to music before, during and after a 5km run improved their times by a minute. They also saw their heart and nervous system function return to normal faster than when they went music-free. The playlist? Motivational tunes before and during the run and chill tracks afterward. "Calming music helps you relax and recover," says study author Marcelo Bigliassi.

FITNESS FIX

WEAK HAMSTRINGS

Any sport demanding explosive moves puts weak hamstrings at risk. **The Fix** Besides exercises like deadlifts and swings, try the assisted Nordic hamstring curl, says Martyn Matthews. It allows you to achieve a full range of motion and more reps. Kneel and have a partner stand on the soles of your shoes holding a resistance band that's looped around your chest. Lower your torso as far as you can; your partner may have to adjust the tension. Pull yourself back up. Do 10 reps 3 times a week.



For up-to-the-minute cardio news and tips, go to mh.co.za/fitness

LOVE MATCH
Make tennis tougher with bodyweight drills

Sweat Your Balls Off

Advantage, innovation: **cardio tennis, which combines tennis with bodyweight exercises, is a heart-rate-blasting challenge**. In a new study from Australia, the combo caused men to hit a heart rate that was 74% of their max halfway through and after a 50-minute session. "You maintain a high heart rate because there aren't stoppages," says study author Alistair Murphy of Charles Sturt University. Ready to play? After each game, do one of these exercises for one minute: jumping jacks, push-ups, squats, lateral shuffles.



WATER, MAN

Some guys sweat buckets, others cups. Use this formula to know how much to drink during a race so you don't lose more than 2% of your body mass in sweat, says Evan Johnson, a University of Arkansas researcher.

1/ Stand on the Scale

Weigh yourself. Do an hour-long race-pace run in temperatures similar to those your event will be in. Don't drink (or pee). When you return, weigh yourself again.

EXAMPLE

WEIGHT 1 = 90 KG

WEIGHT 2 = 87 KG

2/ Find Your Sweat Rate

Multiply the difference by how many hours the race will take you. Divide it by your start weight. That's the percentage of your weight you'll lose. Subtract 4%.

$3 \times 2 \text{ HOURS} = 6$

$6 \div 90 = 0.06 (\times 10 = 6\%)$

$6\% - 4\% = 2\%$

3/ Fill Your Bottles

Multiply that number by your start weight, then multiply by 500. That's the amount of water, in millilitres, you need to drink to ensure peak performance.

$0.02 \times 90 = 1.8$

$1.8 \times 500 =$

900ML



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ms



FAT & FURIOUS

Forget the road, and
screw the mountain trail.
This summer, go where
no mountain bike
has dared go before

BY OLI MUNNIK
PHOTOGRAPHS CRAIG KOLESKY

TEN MINUTES INTO MY RIDE AND I'VE FORGOTTEN
all about the gridlock that plagues Cape Town's city streets in summer. It's mid-morning on a Saturday and I'm cruising along Blouberg Beach on a souped-up bike with almost comically wide tyres. Even though we're riding on soft beach sand, my fat bike's 12-centimetre tyres allow me to eat up the kilometres.

With Table Mountain large and in charge across Table Bay, my guide, Craig Kolesky - Red Bull adventure photographer and founder of the West Coast Phat Trek, South Africa's first multi-day Fat Bike event - points towards the tidal zone and says, "ride just above the water's edge. That's where the sand is firmest." It's good advice - the bike is immediately easier to control and requires a lot less energy to pedal. The cranks are turning and other beachgoers are staring in awe. This is a great ride.

In an unintentional act of defiance, I then promptly head straight for a dune and run flat out of steam. Fat biking can be way harder than it looks. It's also more popular than you'd think. Invented back in the mid-80s simultaneously by desert riders in New Mexico and winter endurance racers in Alaska, fat biking has evolved to become one of the fastest-growing trends in cycling. With tyres nearly double the width of those you'd find on your standard mountain bike, "fatties" allow riders to not only tackle snowy singletrack but also, for us in South Africa, float over terrain that would otherwise be impassable - like soft, deep beach or desert sand.

"Fat bikes are the ultimate vehicles," says Namibian legend Mannie Heymans, three-time Olympian, bike shop owner and longtime fat bike enthusiast. "They're like the illegitimate offspring of a monster truck and beach buggy."

Fat bikes tend to handle like monster trucks too. Heavier and somewhat slower to turn than a mountain bike, they require a unique mindset and riding technique. But the payoff is something many cyclists never get the chance to experience: two-wheeled access to thousands of kilometres along South Africa's coastline, not to mention the Northern Cape and Namibia's desert sand. It's also one hell of a summer workout.

If you live near the coast or in a very dry, sandy area, then you're perfectly placed to take advantage of this expanding sport. See the tips, gear and destinations on these pages to make the most of every ride.

THE TIPS

Ride this Way

1/FIND YOUR PATH

What beach bums consider sub-standard conditions, fat bikers call ideal: moist hardpack. Head out in the morning or evening when cooler temperatures create firmer sand. And adjust your technique to the conditions in front of you.

2/AVOID CHAFING

Wear clothing appropriate for riding, not necessarily for the beach. With your legs spinning and the clear and present danger of getting wet, you don't want bulky shorts or tops holding you back.

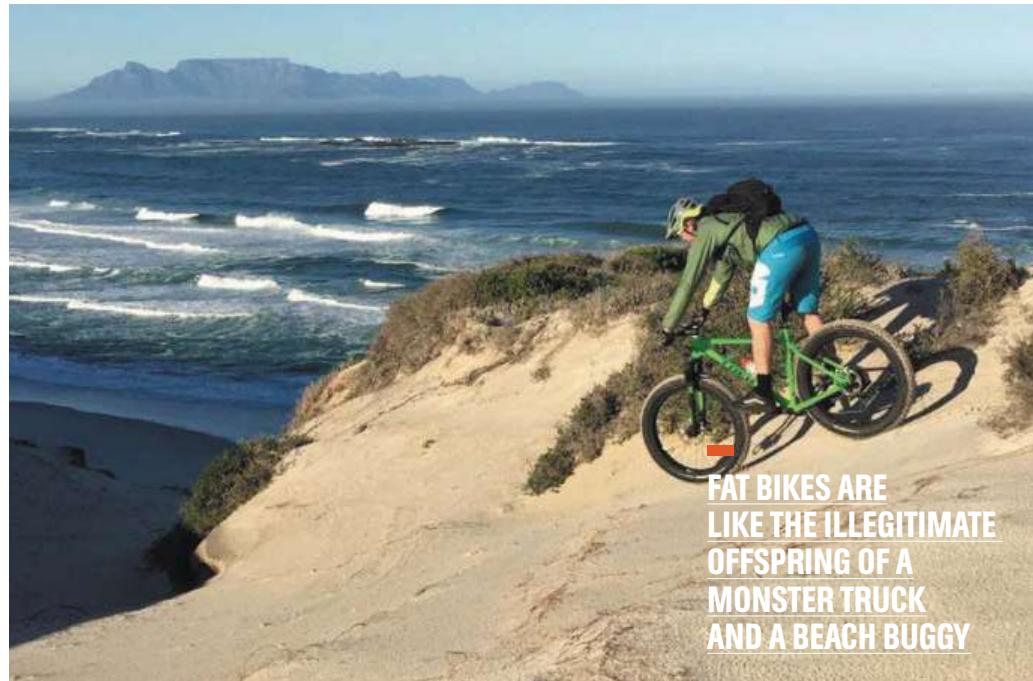
3/USE FLAT PEDALS

It doesn't matter whether you're a beginner or a seasoned cyclist - if you're new to sand biking you're going to be putting your foot down more than you think. So start off with platform pedals and regular shoes (you can

upgrade to cycling boots and clipless pedals later). It's less common for folks to flip over their handlebars in fat biking but you are more likely to lose momentum. (If that happens, use your foot as a kickstand.)

4/STAY IN YOUR SEAT

Avoid the temptation to stand up while pedalling uphill in soft



**FAT BIKES ARE
LIKE THE ILLEGITIMATE
OFFSPRING OF A
MONSTER TRUCK
AND A BEACH BUGGY**

sand. "When you pop up, you transfer weight off the back wheel, which can cause you to lose rear-wheel traction," Heymans says. "When that happens, the tyre is just going to spin and you're going to lose momentum." Instead, plant your butt on the saddle to keep weight on your rear wheel. As the slope gets

steeper, shift into lower gears. "You'll be sacrificing speed, but a lower gear gives you more leverage and traction," says Heymans.

5/REDUCE YOUR PRESSURE

Mountain bike tyres typically require inflation of 2 to 3.5 bar to prevent flats, but fat bikes are much more sensitive to tyre pressure. "The sweet spot is

between 0.3 and 0.4 bar," says Kolesky. "That's where you get the perfect mix of traction and flotation for most sand conditions. Finding it can mean the difference between riding and walking." When you're back on firmer territory, increase the pressure to 0.5 to 0.7 bar to maximise control.

THE GEAR...

Look
the Part

BicyclingSA's gear editor, Oli Munnik reveals his top picks for the best summer fat biking experience



► Helmet

IXS Kronos Even
Even though you're riding on relatively soft sand, it's always a good idea to wear a helmet. The Kronos offers added protection around the back of your head, ample padding and loads of adjustment for a comfortable fit. Don't ever get in the saddle without it. **R1 550**, intltrade.co.za



► Sunnies

Oakley Jawbreaker
These oversized sunnies are the perfect match for your larger-than-life ride. With armour-like lenses, UV protection and the latest Prizm lens technology, they'll enhance your vision and guard your eyes against the glare. **R2 500**, oakley.com



► Suncream

Island Tribe SPF 50 Sun Stick
Summer riding can really take it out on your skin. Protect yourself against UV rays while you're having fun with an easy-to-carry Sun Stick. Designed for adventures just like this, it won't wash off when you jump in the sea to cool off. **R70**, islandtribe.com



► Shirt

Specialized Atlas XC Pro Jersey
This relaxed-fitting shirt features VaporRize moisture transfer knit fabrics and laser-perforated venting to keep you cool. A zippered side pocket with sunglass wipe will come in handy when your eyewear smudges after a few hours in the saddle. **R809**, specialized.com



► Shorts

Specialized Atlas XC Pro Shorts
These baggies feature an attachable padded inner lining with three built-in pouches that offer a hassle-free and secure way to carry the essentials, like your phone, car keys, waterbottle, tools, energy bar and camera. **R1 399**, specialized.com

Giro Terraduro
For beginners, flat, platform pedals are best, as you can use regular shoes and you're not connected to your bike. But when you're ready for an upgrade, opt for these clipless shoes, which feature a grippy Vibram sole and a more casual upper. **R2 250**, omnico.co.za

CONVERSE FROM SNEAKERS UP

Available at selected retailers.



CONVERSE

THE BIKE

Go Big or Stay Home

Fat bikes are built to tackle any trail, anytime.

Here's what to look for

**► Wide, Light Tyres**

Wide tyres can float over tough terrain. But their weight affects handling. The Fatboy's 11.5cm tyres are some of the lightest for their size.

► Suspension Fork vs Rigid

Most fat bikes lack suspension, as their monster truck-like tyres allow for super low tyre pressures, which help keep the ride smooth. Adding suspension into the mix would be an added bonus.

► Butted Frame

Fat bike-specific frames are built robust to accommodate the tyres. Butted tubes, which are thicker at the ends, maximise strength and minimise weight.

► Trigger Shifters

Trigger shifters allow for quick, smooth and easy transmission through the gears, important when your speed changes quickly.

ENTRY LEVEL
Specialized Fatboy Expert
R19 999,
specialized.com

THE BIKE

A-Class Ride

With an upgraded frame and tyres, this bike will take you far, fast



► Sporting a lightweight full carbon frame, 11-speed gearing and Rock Shox Bluto suspension fork, the Trek Farley 9.9 is the Rolls Royce of fat bikes.

THE ROUTE

Go Here Now!

1 /**DE KELDERS FAT BIKE TOURS**

Choose from four distinct guided beach and dune tours, or three overnight packages, one of which includes shark cave diving. Situated two hours from Cape Town, in Gansbaai, it's perfect for a weekend getaway. Rentals available. fatketours.co.za

2 /

NAMIBIA From his base at his bike shop, Mannie's Bike Mecca in Windhoek, Namibian Olympian Mannie Heymans offers fully supported fat bike tours over some of the world's biggest sand dunes, along the magnificent Skeleton coast as well as down many of Namibia's dry riverbeds, like the Ugab, Huab and Kuiseb. mbm.com.na

3 /**WEST COAST PHAT TREK**

For a next-level beach experience, this two-day adventure takes place in October. Organisers have mapped a 95km route up the West Coast that passes through pristine, otherwise inaccessible coastal landscapes. Take your time to appreciate the view. dhb-distribution.co.za/fatbike

4 /**YOUR LOCAL BEACH**

With a fat bike in the garage, any beach is waiting to be explored. If you're heading for the coast this summer holiday, a fat bike is the perfect toy to take along, or to have waiting for you at your holiday spot. Get involved in the action.

5 /**SNOW BIKE FESTIVAL**

Fat bikes are also ideal for riding on snow. If you're looking for something out of the ordinary, sign up for the Snow Bike Festival in the winter paradise of Gstaad, Switzerland. A varied programme of events means there's something for everyone. **22 to 24 January, info@snowbikefestival.com**

Look out for Hunter's Summer Collab Cans

Real cider refreshment can feel like a thousand frozen high fives. To better understand just how refreshing real cider can be, we decided to ask consumers what it feels like with the promise that it could make them famous.

Calling out to consumers with radio ads on national stations, we received thousands of submissions from Hunter's fans through our website, Facebook and Twitter.

We took these words and brought them to life in collaboration with 5 of South Africa's top designers and artists. Finally we asked consumers to vote for their favourite collab designs on social media.

The top voted designs were turned into 3 editions of the Summer Collab cans which will be released over September to November 2015 with the overall winning design being released first. Congrats to Ashveer Arjeeth for his winning words as designed by Studio Muti in collaboration with Hunter's. Nothing can be more famous than your name and words brought to life on thousands of Hunter's Summer Collab cans.

The Collab cans are priced with standard 330ml and 440ml packs.

Launching September 2015.



REFRESHES like nothing on Earth
www.hunters.co.za

INSTANT REFRESHMENT FEELS LIKE
WATERFALLS CRASHING ON MY TONGUE
SUMMER COLLABORATION CAN
EDITION 1
SUBMITTED BY
ASHVEER ARJEETH

GET THE STORY
ON WWW.HUNTERS.CO.ZA

Not for Sale to Persons Under the Age of 18.



Find the Reel Deal

Goin' fishing? Your first step is getting the right rod for the job

1/GUIDES

Line guides, or "eyes," are the rings that help channel the monofilament from your reel to the tip of the rod. They can be made from a variety of materials, including ceramic, silicon carbide, and nickel titanium alloy. But buy titanium: it has the smoothest surface, and less friction means a longer cast, says fishing journalist Jerry Gibbs. The other advantage of titanium guides is that they're strong enough to resist breaking or bending when a whopper puts its full flipping weight on the line.

2/REEL

Sellers would love you to believe that reel quality begins and ends with the number of ball bearings inside. Don't take the bait. According to Todd Kuhn, a NASA scientist and former pro tour angler, the smoothness of your spin is dictated more by the machining of the drive gears. Simply put, a great reel has tight tolerances: it'll spin with the

same fluidity regardless of how fast you're cranking. Test it yourself at the shop: avoid anything that stutters as you shift the speed of your retrieve, sort of like a car bucking and stalling after a gear shift. While you're at it, flip the bail as if to cast; when you turn the handle, it should snap swiftly back into place. Oh, and fishing's rough on a reel, so plastic parts can't hack it. Make sure major components are metal or an alloy.

3/ACTION & POWER

"Action" is a term for rod flexibility, which can be slow, medium, or fast, says Kuhn. A slow pole can bend far enough for the tip to arch all the way down to the base. But because there's so much play, it can be hard to cast well. By contrast, a fast rod will flex only at the tip, which can make wiggling a lure in the water more difficult. So choose medium action; you'll cast like a master and move your lure like fish food. Another metric, called "power", ranges from light to heavy

and refers to how much torque it takes to set a hook. Go medium here too, Kuhn advises. You can use heavier lures and still set the hook with a flick of your wrist.

4/SHAFT & HANDLE

The strongest, most durable shafts are either graphite or fibreglass. If anglers have a gripe with graphite, it's that the material is too sensitive – you'll feel every little nibble, prompting you to try to set the hook before the fish has completely swallowed it, says Gibbs. So go with fibreglass – it's less sensitive due to its natural vibration-dampening qualities. Add a cork handle, which is more sensitive than the EVA foam alternative, and you'll get that perfect fish-sensing feel. But beware: some cork handles are composite blends; the added filler will deteriorate over time, leaving you with an uneven, uncomfortable grip. Crappy cork has holes, colour variations, or differing textures.

DO IT RIGHT The Gear You Need



For The Stream

Selected by Richard Wale of Upstream Flyfishing (upstreamflyfishing.co.za)

THE ROD: Redington Classic Trout 386-4 R2 320

THE REEL: Redington Drift 2/3 R1 500

THE LINE: Scientific Anglers WF3F Line R900

THE DESTINATION: Like dry fly action? The Smalblaar River in the Limietberg Nature Reserve of the Western Cape is one of the best rainbow trout streams in the country.*



For The Beach

Selected by Chris Pike of Tucker's Tackle (tuckerstackle.co.za)

THE ROD: Blue Marlin Super Slim 60-100 Surf Rod 3 piece R 3 800

THE REEL: Shimano Torium 30HG Multiplier reel R2 750

THE LINE: Double X Hi-Abrasion Hi-Visibility 0.45mm 30lb 600m Nylon R158

THE DESTINATION: For a spread of saltwater targets from kingfish to grunter and leervis, Durban's Blue Lagoon is a favourite.



For The Dam

Selected by Chris Pike of Tucker's Tackle (tuckerstackle.co.za)

THE ROD: Shimano Clarus CSC-SB610MHB R670

THE REEL: Shimano Curado 200HG Baitcaster Reel R2 195

THE LINE: Seaguar 15lb InvizX Fluorocarbon Line R442

THE DESTINATION: Rust de Winter Dam is a top bass dam located on the Elands River, Limpopo.

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A table of many contents



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by Olia Hercules
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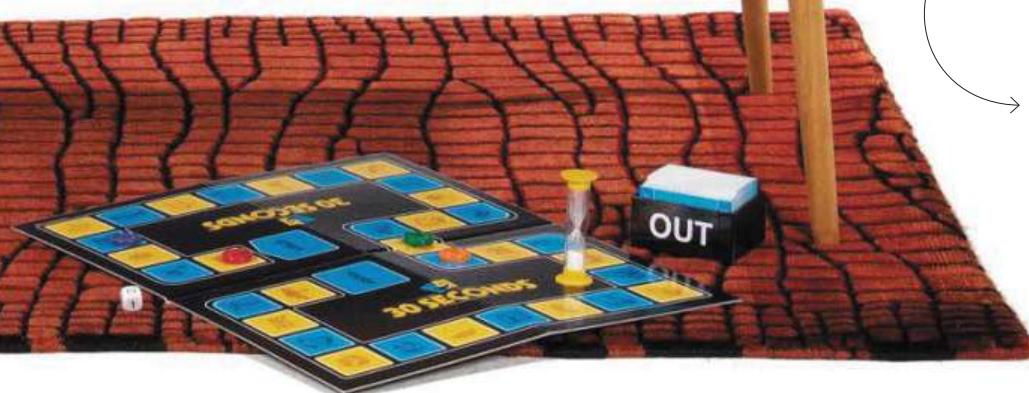
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R159 000, WWW.BMW-MOTORRAD.CO.ZA



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The Modern Biker Gang

Hell's Angels? Rebels without a cause? Not really. Today's biker gangs live next door to you in suburbia and are more likely to do your taxes than your wife.

IN THE LEFT CORNER

The Bree Street Bikers

THE MOTTO: "Kicking over Fixies"

THE LOGO: Three-headed snake

THE RIDE: Café racers, vintage BMWs,

Triumphs- flat lining between flat whites

THE OUTFIT: Skinny jeans and designer leather jackets

THE DAY JOB: Brand consultants, photographers, musicians

THE HANGOUT: Jason Bakery in Cape Town having coffee



IN THE RIGHT CORNER

The Sopranos

THE MOTTO: "The World is Our Playground"

THE LOGO: A dragon

THE RIDE: Harley-Davidsons of all types

THE OUTFIT: Red and yellow jumpsuits, leather waistcoats and white shirts.

THE DAY JOBS: Lawyers, civil servants, engineers, policemen





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Go Further



Upgrade Your G&T

Arguably the world's most popular cocktail, the classic gin and tonic is getting a makeover. Add some local flavour to yours

FORGET THOSE CRUSTY ASSOCIATIONS WITH THE British Raj and the Great Depression. The gin and tonic (or supersonic, if you're into Cockney Rhyming Slang) is experiencing a massive global resurgence, led by Spain. The knock-on effect is that every bartender and his auntie is experimenting with new combinations of artisan gins and tonics.

Local boozehounds are not being left behind, as start-up gin distilleries, tonic producers and wonderful weirdos making bitters, aperitifs and other tinctures are adding to the revival.

But if you still prefer a plain G&T, that's okay too, says Mark Mulholland, founder of Cape Town gin bar Mother's Ruin. Just be wary of over-diluting. "That's the biggest mistake most people make," he says. "You shouldn't taste more tonic than gin." Mulholland suggests garnishing to add flavour and colour. "Use cucumber, lemon or orange slices or herbs. Also, experiment with different types of gin and different tonics with different flavours."

Bottom line? You have more options than ever before. Enjoy it the classic way, with a simple gin like a Gordon's or Gilbey's, a slice of lemon and some Schweppes. Or get creative with different flavours - from citrus fruits to spices like nutmeg, cinnamon and coriander. Either way, pull up a sunchair, because there's a new selection of spirits that'll change the way you look at your G&T.



◀ G&T: The Remix

It may not look like a G&T, but it is. The colour comes courtesy of Joburg-based Socks Craft Tonic. Mix it with a shot of Hope on Hopkins London Dry gin over ice, grate cinnamon into the drink and garnish with an orange slice. Serve it in a rounded cocktail or wine glass. "It's a great way to keep all the aromas and flavour in the glass," says Mulholland.

THE BIG BOYS Stock Up On These



THE ARTISAN'S CHOICE Jorgensen's Gin

Made by Roger Jorgensen, the most established distiller in the country, this is a spicy, aromatic spirit with an acquired taste.



BOTANICAL BOUNTY Inverroche Gin

There are three options from this Stilbaai family distillery: Classic, which is double distilled for absolute crispness and subtlety; the green-tinged and floral Verdant; and Amber, which is infused with spices and berries.



100% HOMEGROWN Hope on Hopkins

By South Africans who gave up their London Law careers to open SA's first inner city gin distillery in Cape Town. There are two variants: the London Dry and the Salt River.

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Picking the Perfect Pub Quiz Team

Free drinks, an ever-so-stylish Jägermeister tray and those all-important braggin' rights – a lot's at stake on quiz night. Here's how to play selector-in-chief

SELECTING A PUB QUIZ TEAM IS NOT AS EASY as it sounds. After all, you would like to win, or at the very least compete, but if you populate the team with chamas with little between their ears you're unlikely to steal the bragging rights out from under those smug bastards who win every week. Would a guy with no co-ords or directional sense make your touch rugby team? We thought not. Is it enough to have a rude team name that the quiz master must read every round? Humorous, but that's a congeniality award. For proper pub quiz glory, honour your grey cells and get selective.

Get At Least One Old Bullet

Larry Benjamin of Quiz Whizz (quizwizz.co.za) runs quizzes in some of Johannesburg's most famous drinking holes from The Colony Arms to the Radium Beer Hall. The man knows his business. For him, "a great pub team is one that includes people of different backgrounds and ages. For example, if the quiz includes a music round, you need a mix of people with different musical tastes. In a single round I may feature Diana Ross, Demi Levato, Metallica, Trey Songz, Neil Sedaka, Ellie Goulding... so to be a winning quiz team, age diversity is essential."

Mix It Up

It's not just about mixing generational knowledge. Quintin Smith of Quiz Nite (pubquiznite.com) runs some of Cape Town's most popular quizzes at the Fireman's Arms and the Brazenhead in Blouberg. When assembling your dream team, Smith says: "Ideally, a pub quiz team consists of five to six teammates with a range of jobs and interests. This is best for high scores in art, literature, current affairs, film and music categories, as there's always the most contention to answers with these categories."

"You're looking for a mix of professions where a fairly high level of academic study has been a requirement for their current profession. From what I have seen, people who read a lot (mags, journals, newspapers, etc) have a heightened awareness of what's going on, and this lends itself to a better general knowledge. Conversely, out-and-out academics are often too focused on their own research and have poor general knowledge."

Assign Roles

Establish a rough sense before the quiz starts on who feels comfortable about each topic from current affairs to geography, history, sports and so on. If there's a clash of opinions, defer to the guy who claimed expertise in that area.

- Nominate one guy to do all the writing. (GPs are banned from all writing.)
- Devise a system (casting vote, flip a coin, rock-paper-scissors, etc) to make a call when your team is divided on an answer.

3 Team Members to Avoid

► THE SPANNER (IN THE WORKS)

Second-guessing everyone else's answers is his speciality. Even if you know the Latin name for a ferret, he'll have you doubting yourself in seconds.

► THE KNOW-IT-ALL WHO KNOWS F-ALL

Don't let his confidence in answering questions fool you. This guy's like Jon Snow – he knows nothing.

► THE GOOGLER

Despite the widely accepted rules that you never pull out your phone and google under the table, this chap does just that. Even if you aren't busted and embarrassed by his actions, do you really want to win like that?

SCREEN YOUR
MEAN TEAM



The Loaded Question

Are you the star player everyone wants on their team or will you spend the night eating the complimentary nuts? Find out now with a single, not-so-simple question

Multiply the total number of players in the pool during a waterpolo game with the number of sides on a heptagon. Then add to it the number of years in a pearl wedding anniversary and, finally, deduct the number of famous herbs and spices in KFC's chicken recipe. Your final number in Roman numerals is... *

Answer:

- (A) MXII
- (B) CXVII
- (C) LXVIII
- (D) XXIV



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#OcSober vs OktoberFest

In the spirit of all things beer, you have a choice: give it up for a month – and be a pain on social media... or froth it up at Bierfest and leave Project Boep-Off for November.

9-11/16-17 OCT JOBURG
6-8 NOV CAPE TOWN

PROS	CONS
OktoberFest:	
• beer • beer wenchies • all the eisbein and sauerkraut you can eat	• hangovers • weight gain • oompah music • German nationalism
OcSober	
• clear head • money • productive Saturday mornings • shagret (a.k.a. regret at who you woke up with)	• digesting your mates' jokes while sober • approaching the belfer at the bar... sober • boring Friday nights • FOMO

Here's Johnny!

Free from Tim Burton, In Black Mass, Johnny Depp plays Whitey Bugler, one of the most violent criminals in history. Expect a thick Boston accent, lots of make-up and a return to form for a great actor who's been making crap choices [see below].

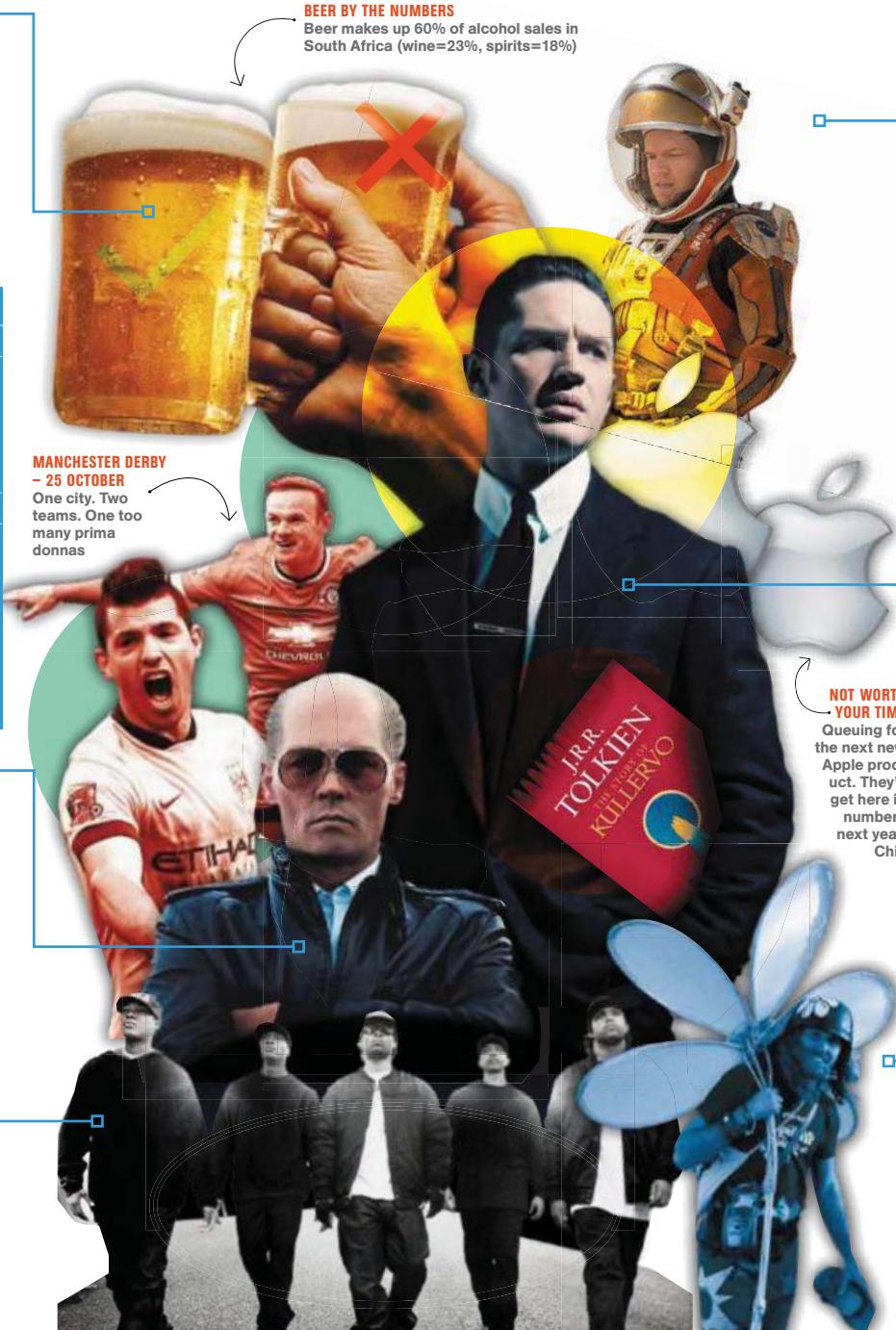
16 OCTOBER

Straight Outta Compton

The film that inspired Dr Dre to make his first album in 16 years, it tells the story of N.W.A. and the beginnings of Dre and Ice Cube's solo careers. 23 OCTOBER

BEER BY THE NUMBERS

Beer makes up 60% of alcohol sales in South Africa (wine=23%, spirits=18%)



The Four Johnnys of the Apocalypse
The films that almost sank Depp's career



Pirate Stuff
1 fine. 4 bad.
And there's a fifth on the way



Vampire Stuff
Should never have seen the light of day



Willy Wonka
Gives children chocolate.
Dodge



Tonto
Film... bad... very bad... Kimosabe.
Stereotype much?



Mad Hatter
Oh, to toss a grenade down that rabbit hole

The Martian

What would you do if your crew left you on a planet after things hit the fan while on a mission? Use your wit and knowledge to survive, of course. Think MacGyver in space, but with less offensive hair.

2 OCTOBER

The Hardy Boys Brothers

Catch Tom Hardy and Tom Hardy in Legend playing twin brothers Ronnie and Reggie Kray, the biggest perpetrators of organised crime in the UK during the 50s and 60s.

30 OCTOBER

The Return of JRR

The Lord of the Rings author is back with an epic about his darkest character yet. With 358 books being released in time for Christmas, we predict this is the "one book so you don't buy them all."

89D:23H:59M:59S

How long it'll take to get that killer six-pack if you already have a flat gut. Yes you can get that beach body in 90 days! #AbsCountdown

Walking the Daisies

Counter all the beer and shots you're very likely to have by taking part in Walking the Daisies, a two-day hike to Darling where the Rocking the Daisies festival takes place.

30 SEPT – 1 OCT

A person is holding a tablet device, which displays the Momentum website's safety score assessment. The website features a red and white color scheme with various charts and text boxes. The person's hands are visible, one holding the tablet and the other pointing at the screen. In the background, a keyboard and some papers are visible on a desk.

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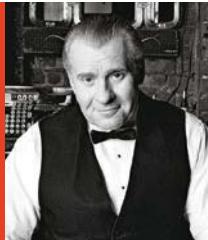
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JIMMY THE BARTENDER

Straight up advice on women, work and other things that screw up men's lives



My buddy got a hideous tattoo, and I probably didn't react the way he'd hoped. What was I supposed to say?

You ever had a girlfriend? Then you should know that when someone asks you, "How does this look on me?" you say, "Great!" Doesn't matter if it's a pair of jeans, a haircut, a feather boa or a tattoo. Unfortunately, you've blown it with your pal. He knows you're not a big fan of the ink. So just wait until the next time it's exposed and say, "You know, that tattoo is really starting to grow on me." Say it like you mean it. Sure, it's a lie. But it's a lie you need to tell.

My dad hasn't really opened up about Mom's death. You'd think he'd want to, right?

My condolences. I remember when my grandma died. My dad, her oldest, hardly said

a word, not even at her funeral. Years passed before he started talking about her, and even then it was only once in a while. Your dad sounds a lot like mine. I'm sure he'll process his grief quietly and in

his own time, so let him. Your job isn't to play brain surgeon and crack him open. He might talk... and he might not. Just check in on him often. That's how you show him he helped your mother raise a

good son. You can talk about her, though. Maybe it's time to set an example for him.

My hot colleague has been flirting with me. I'd be hitting the jackpot with her, but I also don't want to ruin what I have with my girlfriend.

You kidding me here? If you're looking for permission to test the waters, it won't come from me. I've been tempted too, pal. Yeah, ladies flirt with the barkeep, even a codger like me. But I've never taken the bait, because I, like you, have a good thing at home. You want to keep yours? Don't be a lowlife. Shut down the flirting and consider it one of many sacrifices you'll make for the woman you love – not the one you lust after.

I need a cocktail I can make at home that will impress the hell out of a woman I just met. What've you got?

Here, take this corkscrew and practice. Nine times out of 10, a nice bottle of wine does the trick. Trust me on this: no woman anywhere wants to watch you fumbling with a jigger and a cocktail shaker on a first date. If you must mix something, try a simple margarita: a shot of tequila, half a shot of orange liqueur and the juice of a lime. Three ingredients, and it's way better than what those machines spit out in some bars. Skip the salt. And buddy? Don't get all fussy about it. Try to look like you've done this before.

My boss says the company is hurting too bad to give increases, but I happen to know for a fact some people were taken care of. Should I make a thing of it?

And accomplish what? Pissing off the boss? The fact that the head cheese isn't a straight shooter ain't the problem here. It's that your name wasn't front and centre when they divvied up the pie. Go and ask outright what you can do to make it rain next year. If the boss doesn't come up with any guidance, then maybe it's time to start shopping for a new one.

This couple was fighting in a parking lot. He was screaming at her, and it looked like it could turn violent. Should I have stepped in?

I've seen that kind of ugliness more often than I care to admit. In the bar, I can just throw guys out. But in a parking lot you have no jurisdiction, and bumping chests with a belligerent hothead is bound to end badly for both of you. I hate to say this, but you can't do much, apart from staring at him and hoping he simmers down. If the shenanigans continue, don't hesitate: call the cops. Better yet, let him hear you calling. Sure, you're just one guy – but now you've got backup on the way.



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CHILL YOUR BEER FASTER

PROCESS / Stash 'em in the freezer

TIME / 40 minutes

Why It Works:

Convection. The cold air reduces the bottle's temperature to be equal with the surrounding area.

PROCESS / Toss 'em in a bucket of ice

TIME / 35 minutes

Why It Works:

Conduction. The ice cubes touching the bottle will transfer cold better than the surrounding air.

PROCESS / Wrap 'em in a wet towel and put 'em in the freezer

TIME / 31 minutes

Why It Works: More contact area. The more the bottle is in contact with a chilly medium, the faster it'll cool.

PROCESS / Fully submerge 'em in a bucket of icy water

TIME / 15 minutes

Why It Works: Same as the wet-towel idea: More contact area, faster cooling. This way exposes even more surface.

PROCESS / Submerge 'em in a bucket of icy salt water

TIME / 12 minutes

Why It Works: Lower freezing point. The water is colder because salt water freezes at a lower temperature.

PROCESS / Submerge 'em in icy salt water and stir quickly

TIME / 7 minutes

Why It Works: Agitation. This ensures that the coldest water is always around the bottle, pulling heat out faster.



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Punch Line

The toughest fight
you'll ever face: the
one with yourself

BY DARREL BRISTOW-BOVEY
ILLUSTRATIONS BYRON GRAPER

LAST MONTH I WAS IN THE QUEUE AT HOME AFFAIRS, AND IT WASN'T going well. I like to think of myself as good in a queue: I'm patient and Zen-like and I make small jokes with the people around me to brighten their day. I often stand there, thinking, "Man, I wish I was in this queue with someone like me." When others around me moan and complain I look at them silently and try to offer an example of how life could be if only they were more stoic and tranquil and good-natured.

But this was the queue for an unabridged marriage certificate, which is the same queue as the one for unabridged birth certificates, so I had been there for three hours already and my back was sore and my legs were sore and I was worried about the organisational infrastructure of the state bureaucracy and I had a dentist's appointment in half an hour.

I was travelling the next day and if I missed that appointment I'd have to be abroad with an unfixed tooth so I was getting antsy as time ticked by. Just as I neared the front, I noticed the back of the head of the guy in front of me. After three hours, you get pretty familiar with the back of the head of the person in front of you, and this wasn't it. This was a new head.

I said, "Hey, man."

He turned. His eyes were wide but I had the sense he wasn't really seeing me.

I said, quite politely, "Do you think you're in the queue ahead of me?" I didn't want to jump to any conclusions.

He didn't reply.

"Because you're not," I said.

"I was here," he said.

"No, you weren't."

He turned away from me and I tapped his shoulder and said, "Hey, pal."

The guy kept insisting that he'd been there the whole time, and I kept insisting that he hadn't. I said he should step aside and he turned his back on me again, so I reached out and physically moved him. He didn't like that. He shouted at me not to touch him, and I replied that if he didn't want to get touched some more he should stay out of my queue. Then he stepped back again.

THE FIRST TIME MY FATHER THREW A PUNCH AT ME,

I was about eight years old. He was a big man so he had to go down on his knees to do it. He had thrown many punches in his life, and his fists were hard and each one was the size of my head, and he threw the punch in cartoonish slow motion so that I could duck underneath it.

He told me that it's acceptable to duck beneath a punch, but that in real life it probably won't happen. Ducking takes too long and uses too many muscles and neural pathways and energy and it's too easy to get it wrong and anyway it leaves you too vulnerable to a knee or the other fist. A punch only needs to miss by a very small amount, so he taught me to sway just a little at the waist or to lean to the side, so that I could stay upright and balanced and be in a position to hit whoever was trying to hit me.

It was very clear to my dad that if someone tried to hit me, I had to hit him back. In fact, his top tip for avoiding being hit was to hit first. Most fights last only a few seconds and whoever lands the first blow usually wins, so make sure yours is first and that it lands, although it needn't necessarily be a punch. The fist is the wrong instrument for hard impact: the knuckles and the metacarpals break easily, especially on the hard bones of someone's head. So if you do punch, make sure it's his nose or throat, although if you do that there's a real danger that you might crush his windpipe and he might die.

This was a real concern to my dad. He had once put a man in a coma by holding him upside down and driving his head into the sidewalk like a shovel; there would have been murder charges if the man hadn't woken up. "The throat's a good place," he told me. "But just be careful."

My father had been a railway worker and a boxer and a bouncer, and when I was a kid and the family needed extra money he worked security in a nightclub on the Durban beachfront. He was a tough guy, although not with me. He was raised in the Great Depression, an English kid in a

hardscrabble Afrikaans working-class neighbourhood in Pretoria, and he had learnt very young to fight for everything. He dropped out of school at the age of fourteen and taught himself a trade; everything he had gained since, and everything he'd prevented people taking away, had been through his hands. He didn't have much but it was more than he started with. Life had taught him that a man must fight, and he taught me that too.

As for me, I wasn't a tough kid. I preferred reading. My dad was pleased with that, because he loved me, and if his life meant anything it was that I wouldn't leave school early and make a living with my hands, but he was still a product of his own life so it also troubled him. When a dispute arose between me and a big, Afrikaans kid called Sean van der Merwe, my dad coached me how to fight him. He taught me to pull him by the shirt and break his nose with my forehead, but when we fought, Sean de Villiers was too strong and it didn't work. It didn't matter, my dad assured me. I'd made a good start. I was his son and no one was going to push me around.

He died when I was nine and left me incomplete: he hadn't finished teaching me to fight. I was alone in a frightening world that I wasn't equipped to handle. I never grew to be as big as my dad but when I was older I started getting into fights too. I didn't think I went looking for them but I was the only one of my friends who ever found them, which should probably tell me something.

I haven't been in a fight for many years, which is good. But sometimes I feel guilty. When I lose out at something and don't kick up a fuss, when I choose to compromise or talk, when I'm insulted and don't rise to it, I sometimes feel as though I'm letting down my dad. I wonder if I'm soft and passive, if he'd think I'm less than a man. And it must bother me more than I think because when the man at Home Affairs stepped back into the queue ahead of me I felt a very old, very familiar sensation, a heat flowing down my spine, a darkening behind my eyeballs.

Here I am, a good citizen, and this man is trying to take something from me. I have tried to be reasonable and civilised and use language, but he has left me no choice. I'm a good man, so he's bad, and what is about to happen is a justifiable clash between good and evil. I'm about to use force to impose my will on him, and I'm in the right.

Already the people around us were drawing back in alarm as I took him by the shirt and spun him

around and as he turned I saw again that he wasn't fully seeing me, he was lost in some intensity of emotion that I didn't understand, and in the minuscule part of my brain that was still thinking I thought, "Is he on drugs?" Then my eyes dropped to the form in his hand and I read "Application for death certificate" and suddenly the heat drained from me and I felt terribly, terribly ashamed.

I didn't know who he loved that had died but he was in a hell of his own, and I was ashamed that I'd allowed my fears and fuck-ups to let me forget that other people are people and their lives are as full of fears and fuck-ups as my own. I was ashamed that I'd laid my hands in anger on another human being, and I was ashamed because the man in the queue was black, and poorer than me, and physically weaker than me, and while I hope to God that any of that didn't make a difference to how I behaved, it does make it even more shameful.

And I'm ashamed that I'm a grown man who somewhere still lives his life trying like child to impress his father who, I think, if he could see it, would be ashamed too.

When the man stepped back into the queue ahead of me I felt an old, familiar darkening behind my eyeballs



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Muscle + Fitness

Celebrity Fitness

Who Jackman?

Luke Istomin is responsible for some of the best bodies on the big screen. And if it worked for Wolverine, it'll sure as hell work for you

BY AARON SCOTT • PHOTOGRAPHS JASON LEE





UP AND AWAY
"When you have
confidence, you're
unstoppable"

HYOU CAN TAKE THE BOY OUT OF THE BACKWOODS, BUT YOU can't take the backwoods out of the boy. Yes, it's a well-worn cliché, but it holds true for Luke Istomin. Everything about the celebrity personal trainer and creator of the F45 training phenomenon - a growing trend rapidly gaining international appeal - reeks of Singleton, the small Australian mining town where he was born 37 years ago. Singleton's still there in his crushing handshake, his ready laugh, his torrential chat. Above all, the working-class town still informs his commitment to the transformative powers of fitness.

For Istomin, life in Singleton wasn't easy. His mother was struck down with German measles when she was seven-months pregnant, the baby contracting rubella in the womb. The virus left its mark - Luke was born with myopia, deafness and a speech impediment. "I was the kid wearing thick glasses and big, behind-the-ear hearing aids," he says. "I was bullied; I never got the girls. My confidence really got knocked down." As he moved into his teens, a crude diet of pizza, soft drinks and chocolate rapidly softened his athletic frame. By the age of 17, he was a 117-kilogram lump. "I needed to lose weight. Badly," he says, grinning broadly.

Istomin can afford to laugh at these distant memories. After leaving school, a self-imposed internment at a health retreat turned his life around. There, he discovered the flavours of whole foods and the endorphin rush of daily exercise. Above all, he learnt the value of routine. "Having a steady routine leads to results in all areas of life - physical, mental, financial." He shrugs. "You've got to have a plan."

Istomin's plan has produced stunning results. These days, laser surgery has gifted him 20-20 vision while his in-ear hearing aids are all but invisible. His career's flourishing and his body's in sparkling shape.

It's a transformation, he tells me, that proves the all-round power of fitness. "I went from being a kid with no confidence to suddenly dropping weight and feeling good about myself. It's all about confidence. When you have confidence, you're unstoppable. When you project positivity, people want to be around you. That's where health and fitness go hand in hand."

Star Power

After school, Istomin followed his father into the coal mines. He laughs: "I was in the showers one day with 50 other blokes when I had my epiphany. I looked around and thought: what the hell am I doing? So I packed it in and came to Sydney." He cut his teeth in a gym in the suburbs before working as a PT with Sydney's social set. "And that's when Hugh Jackman saw me training my clients..."

Istomin shakes his head at the happy coincidence. With filming of *Australia* starting in early 2007, Jackman was searching for a trainer to keep him in shape as the set rolled through the tropical north. Istomin was the man on the spot. "We were on the road for nine-and-a-half months, travelling from Bowen to Darwin to Kununurra. And all Hugh had in his Winnebago was a set of 10kg dumbbells, a bench and a skipping rope. That's all. It was great fun."

For Istomin, the directive was clear: Jackman was playing a drover, a guy who moves cattle across the vast countryside for days on end, not an action hero; he needed to look strong and sinewy, not muscle-bound. So every morning at 5am Istomin would map out brutal sessions that had the actor sprinting, skipping, tossing the dumbbells and snapping out chin-ups on tree branches. "After a few weeks on set, he actually stacked on a shitload of muscle. The wardrobe department pulled me aside and said, 'Mate, stop training him so hard. He doesn't fit into his clothes.' So I had to taper it back. But Hugh was loving it."

That experience in Australia's deep north was Istomin's gateway into the world of celebrity training. After *Australia*, he would go on to train Jackman for the X-Men films, while also whipping Leonardo DiCaprio, Liev Schreiber, Tobey Maguire and a host of others into celluloid shape. "In fact, I had the opportunity to train Daniel Craig for 007," he says, "but I hadn't finished with Hugh yet... The Wolverine comes before Bond."

The hardest trainer of the lot? Istomin doesn't skip a beat: "Hugh. Without a shadow of a doubt. He takes his responsibilities seriously. If I told him he needed to eat every grain of rice individually at dinner, he'd do it." It's a salutary lesson for us mere mortals - if the Wolverine is willing to seek help and heed advice, so should you. "Trying to achieve things by yourself is extremely hard," says Istomin. "You need to be comfortable with outsourcing help, allowing you to focus on the things you're strong at."

Strength in Numbers

Istomin's work with the Hollywood A-list saw his popularity as a PT explode. "It got to a stage where I couldn't fit more people into my schedule - I was booked back to back." It was at this point that the notion of F45 ("Functional 45 minutes") began to take shape.

The idea was simple: in a throwback to the 5am blasters he used to punch out with Jackman on the set of *Australia*, he wanted endlessly evolving HIIT sessions that stoked both the aerobic and anaerobic systems, boosting fitness and strength

"YOU COME IN, YOU GET SMASHED, YOU GET OUT. THAT'S THE ESSENCE OF IT ALL"

concurrently. "I saw that in the group fitness classes people were fit, but not very strong," he says. "Meanwhile, out on the gym floor there were jacked-up guys who were big but full of mud. I wanted something that could get those guys on the gym floor into the classes, and the fit people in the classes onto the gym floor."

He opened his first F45 studio in July 2012. The sessions, of course, proved a hit. By October, the classes were booked solid. These days, F45 studios are springing up everywhere like flowers after rain.

The popularity comes as little surprise to Istomin. For him, the beauty of the system lies in its simplicity, with each class accessible to everyone from pregnant moms to hardened lifters. "The sessions aren't technical - the most technical move we'd do would be a sandbag clean. And the weights aren't enormous - the heaviest sandbags are 60kg. We're not trying to set any new world records here." What the classes do provide is furious intensity and constant variety. "You come in, you get smashed, you get out. That's the essence of it all."

The success of the concept impressed on Istomin a simple lesson: "Always dream big, then work backwards from that dream." It's a lesson that applies as readily to physical transformations as business ventures. Too often, Istomin sees his clients bogged in the day-to-day grind, their eyes fixed on the next step rather than ultimate prize. "But if you can keep one eye on that dream, that puts you in a great mindset for what needs to be done to get there."

MH



The Weapon-X Programme to Get You Jacked

The aim of this session is to build muscle density and torch fat stores

Training Jackman on the set of *Australia* provided Istomin with a peculiar challenge. For Baz Luhrmann's film he needed to keep Jackman looking lean and strong. Five months after the shoot, however, Jackman would be playing Wolverine in *X-Men*, a role that demanded superhuman muscularity. The only equipment Istomin had was a single set of 10kg dumbbells, a bench and a skipping rope. His solution: hypertrophy-based sessions during the week and then a pair of "metabolic blasters" on the weekend.

DIRECTIONS: Complete these exercises as a single superset. Have a 90-second rest, then repeat. Do four supersets in total. Aside from the skipping and dragon flags, the weights should never leave your hands.

YOUR WOLVERINE-READY WORKOUT PLAN

1/ Skipping

Hold the handles at waist height. Keep your grip light and land as lightly as possible. Do 200 reps. Too easy? Do 100 double-unders, the rope passing under your feet twice for each jump.

5/ Triceps Extension

Stand holding the dumbbells above your head, palms facing each other. Keeping the upper part of your arm still, slowly lower the weights behind your head. Do 10 reps.

2/ Sumo Squat with Biceps Curl

With a dumbbell in each hand, lower into a deep squat, then drive back upwards, curling the dumbbells to your shoulders, keeping your elbows in. Do 10.

6/ Bench Step-Ups

Holding dumbbells at your sides, place your right foot on the bench, and step up with control. Lower down slowly to the start. Do 12 reps on your right leg, then repeat on your left leg.

3/ Lunge with Shoulder Press

Hold dumbbells at your shoulders, and step your right leg into a lunge. Drive back to the start, then rotate your right arm outwards and push the DB overhead. Do 10 reps on each side.

7/ Renegade Row with Push-Up

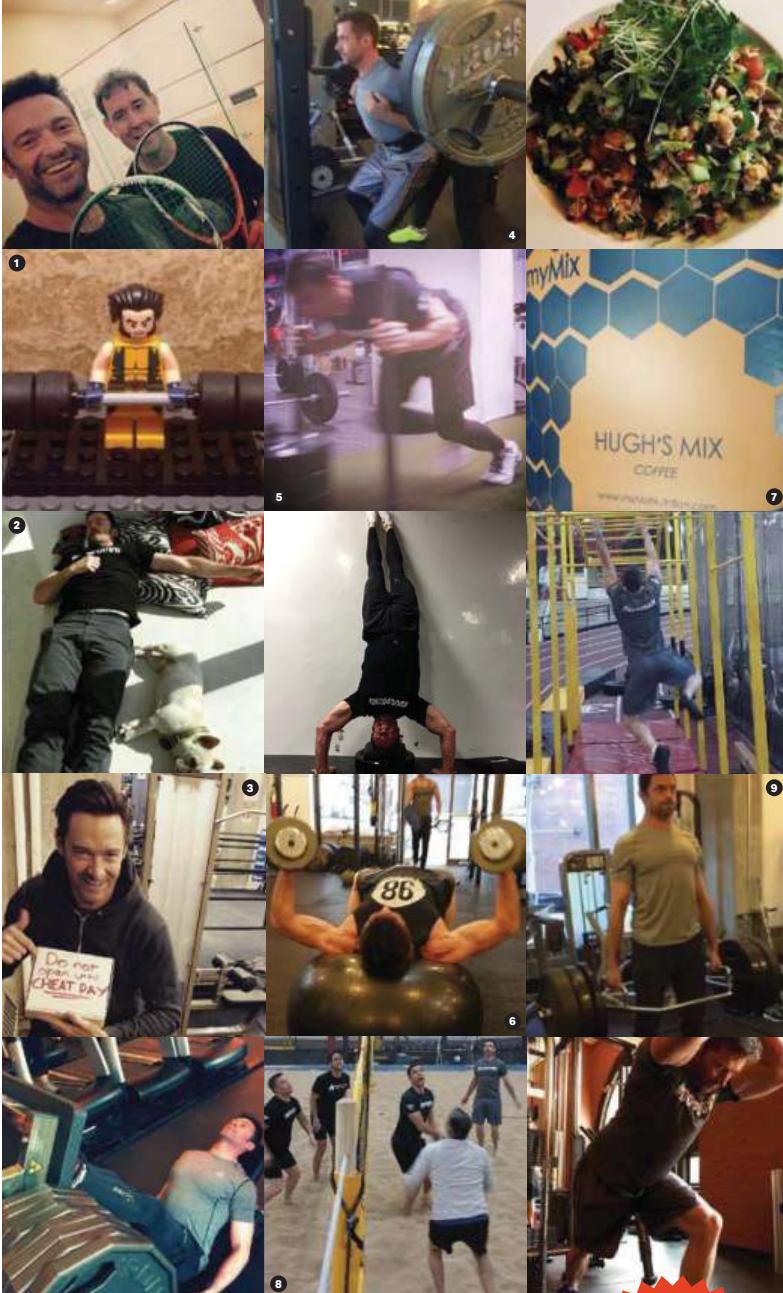
Put your feet on a bench and your hands on the ground, each holding a dumbbell. Do a push-up, then row the right DB to your ribs. Do 10 reps, five each arm.

4/ Bench Press

Lie on the bench with the dumbbells held above your chest, hands shoulder-width apart. Push the dumbbells straight up but don't lock out your elbows. Lower slowly then repeat for 10 reps.

8/ Dragon Flags

Lie on your back on a bench, and grip it behind your head. Keeping your body totally straight, lift your legs and hips off the bench with control. Hold for five seconds. Do 10 reps.



Follow for Fitness

Claw Your Way to the Top

Superheroes don't come leaner or meaner than Wolverine. Get stronger using his fitness feed

BY ARTHUR JONES

HERE AT MEN'S HEALTH, WE'RE BIG FANS OF HUGH JACKMAN. THE MAN HAS TALENT on both the screen and stage, but it's his role as the feral and furious X-man that's our favourite. What really impresses us about Jackman is his unstoppable work ethic – and his body is evidence of the rewards – but he also has a balanced take on life. Yes, he puts in the graft every single day, but he also knows how to have fun, even at his own expense. His timeline is the perfect mix of fitness, travel and adventure. We've taken the best lessons and photos from his Instagram feed so that you too can build a superhuman body with mutant abilities. And we'll also show you how to reward yourself too – chocolate filled doughnuts are your treats for all your sweat and effort.

@THEHUGH
JACKMAN
Followers:
2.9 million

GET JACKED: THE LIFTING LESSONS

1/ Use the holy trinity of lifts. Deadlifts, squats and bench press. You'll see plenty of these moves and their variants on Hugh's feed, and it's a smart move by his trainers. Want to build superhuman muscle in the quickest time possible? Do these three moves constantly.

2/ Get trigger happy on the snooze button. The benefits of getting enough quality sleep can't be over-emphasised. If you aren't getting enough, it's the quickest way to derail your hard work in the gym and kitchen. And just like Hugh and his furry friend, Dali, shown here, taking short naps can help too.

3/ Even Wolverine has cheat days. It's not just an excuse to fill your face with forbidden foods – it's a smart coping mechanism. If you're being disciplined for six days a week, then that one cheat meal works like a stress valve. So treat yourself to a cheat day, but don't abuse it. And you only get it if you've put the work in.

4/ Use a spot. It's not just about safety, it also means someone can watch your form and even help to motivate you.

5/ It's not just about lifting. For true explosive strength and real-world stamina, you need to push and pull objects like a Prowler.

6/ Work your stabilisers. Just like Hugh, you should concentrate on keeping your core and smaller stabiliser muscles working hard.

7/ Create a customised, nutrition plan. You shouldn't be fuelling yourself like everyone else – your body's demands are unique. Hugh uses a site called mymixnutrition.com to create his own tailored supplements. Try that, or even better, visit a dietician.

8/ Get out of the gym. Squash, obstacle courses, jungle gyms and volleyball courts – Hugh mixes up his cardio and conditioning, and so should you. You'll get more real-world fitness benefits, and more important, you'll have fun.

LOGAN'S LIFT

9/ DEADLIFT (WITH BOTH BARBELL AND HEX BAR)

It's the king of mass-builders, with only the squat as an equal in the muscle-making stakes. It'll build you the V-shaped torso that Jackman is famous for, and the benefits don't stop there. You'll work both your upper and lower body, and as long as you do it right, it guarantees a powerful body. The crib notes: keep your back straight, your chest up, arms straight and make sure you properly activate both your glutes and hamstrings to help the bar off the floor. You can experiment with using a hex bar instead of a barbell, and you can vary your foot width by using a wide stance like many powerlifters use. Whatever you do, keep your technique honest. You don't have Wolverine's instant healing ability.

THE X-MAN CHEAT MEAL

CHOCOLATE FILLED DOUGHNUTS



One of Wolverine's weaknesses? Doughnuts. Especially ones filled with chocolate. His recipe? Buy three or four of your favourite doughy rings, and if they don't have filling, use a syringe to inject Nutella or your favourite chocolate (which you'll need to melt down and mix with a little milk). If you don't have time or energy to make your own doughnuts like this, we recommend trying a doughssant – the local sibling of the Cronut is a heavenly combination of croissant and doughnut, and pumped full of good things like caramel or peanut butter. jasonbakery.com

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Your Power Push-Up Plan

Transform a classic exercise into a total-body muscle builder with this complete guide to the most important move for men

BY BEN COURT • PHOTOGRAPHS BETH BISCHOFF



1

Use the Push-Up to Test Your Strength and Power

Performing 50 push-ups in a minute is a classic fitness benchmark. "But you rarely see guys do even 1 rep with perfect form," says Rob Shaul, founder of the training facility Strong Swift Durable. "So whenever a guy tells me he can do 50 in a minute, I tell

him to do it with the dead-stop push-up, where you lower yourself to the ground and lift your hands." That pause eliminates help from the stretch reflex - the tendency of a muscle to spring back to a shortened state when stretched - and forces you to move through a full range of motion. "It's a true test of strength," says Shaul. Read on to test yours, and then follow Shaul's plan to increase it.

Dead-Stop Push-Up Test

Assume a push-up position with your feet together, your body straight and your hands below but slightly wider than your shoulders, as shown above. Lower your body to the floor. Lift your hands off the floor, pause, place them back on the floor and push up explosively. Do as many as you can in 60 seconds. Twenty is average; 30 is exceptional.

Boost Your Strength

Add the dead-stop push-up to three of your weekly workouts. Do 5 sets, using the chart below to guide you. Retest yourself after 4 weeks; repeat the cycle until you reach your goal: 30 perfect reps.

WEEK 1	40% OF YOUR TEST NUMBER
WEEK 2	40% OF YOUR TEST NUMBER
WEEK 3	50% OF YOUR TEST NUMBER
WEEK 4	60% OF YOUR TEST NUMBER

PYRAMID PUSH-UPS



1/ Single-Leg Perform a push-up, but elevate one leg instead of keeping both feet on the floor.



2/ Dive Bomb Start with your hips up; then pull your body forward, lower your hips, and straighten your arms.



3/ Knee-to-Chest As you press up, bring a knee toward your chest. Alternate knees with each rep.



4/ Clapping Do a push-up, but press up with enough force to launch off the floor and clap.



Transform the Push-Up into a Total-Body Workout

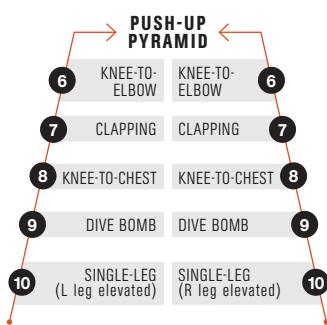
If you see the push-up as only an exercise, you're not realising its full potential. "By combining different variations, you create a workout you can do anywhere," says Martin Rooney, strength coach and founder of Training for Warriors. See for yourself with his pyramid.

DIRECTIONS Start at the base of the pyramid on the bottom left. As you work your way up one side and down the other, perform the number of reps indicated in the black circle for each exercise. (See the descriptions below.) Rest as needed according to your fitness level.

BEGINNER / Between each exercise.

INTERMEDIATE / At the top (between sets of knee-to-elbow push-ups).

ADVANCED / At the end. Repeat.



5 / Knee-to-Elbow Do a push-up, but touch your knee to your elbow at the bottom. Alternate sides each rep.

SINGLE-ARM PUSH-UP PROGRESSION



1 / Elevated Single-Arm Spread your feet. Put one hand on a tall box. Do 1 to 5 reps, switch arms, repeat.



2 / Skydive Lift your leg. Put your palm, fingers and knee on the floor. Do 5 reps, switch sides, repeat.



3 / Archer Move one hand farther out to the side than the other. Do 10 reps, switch arms, repeat.



THE SINGLE-ARM PUSH-UP CHALLENGE

Blame Rocky for making the single-arm push-up the benchmark that separates chumps from champs in the gym. "It's a high-skill, high-strength pinnacle exercise," says Mike Fitch, creator of Global Bodyweight Training. "The move ensures that both of your arms are equally strong, and activates your core more than a standard push-up does, forcing it to work harder to stabilise your body."

► CONQUER IT Twice a week, do the exercises in the single-arm push-up progression below as a circuit, moving to the next with 60 seconds of rest after each. Do 3 circuits. Each week, do the elevated single-arm push-up slightly lower (so you might progress from a high box to a bench to an aerobic step) until you can do 5 reps on the floor.

ASK THE TRAINER

Paul Rothschild is an award-winning personal trainer, co-founder of Sweat1000 and co-owner of BUC Fitness Club



What can I do to make my treadmill training more exciting and rewarding?

Change it up. Treadmills offer you a great opportunity to change speed and inclines easily, so use them to do interval training. Do 1, 3 and 5km runs and incorporate Fartlek sets (fast running with slower recoveries). Use Tabata training too: 8 sets of 20 seconds of maximum effort with 10-second recoveries. If you have access to FreeMotion Treadmills, you can do some high incline walking, thanks to their high inclines of up to 30%. This will strengthen your entire posterior muscle chain. Don't stop setting new goals and mixing up your treadmill routine so you can keep your body guessing.

Calisthenics – can I really believe the hype?

In a word? Yes. Calisthenics, or street workouts, add a great fitness option to your training programme. You don't need a gym membership or equipment, and you have the ability to create dynamic workouts that strengthen your core and chisel your body. Incorporating pull-ups, push-ups, squats, dips and hanging knee raises into your routine helps you develop calisthenic strength.

I travel regularly and train from home. How can I take my workouts with me?

By keeping it simple. Skipping ropes, resistance bands and suspension trainers add portability and diversity to your workouts – they're all you need to train while travelling. There are also hundreds of bodyweight moves – think push-ups, lunges, dips on a chair – that you can do in your hotel room without equipment. [See our portable gear picks on the right.]

Do I need running shoes to run on a treadmill, or can I use my thin-soled training shoes?

It's crucial that you find the correct running shoes for your feet. I'd recommend a running assessment – or gait analysis – to assist with this (a good podiatrist will offer a full range of run tests). Don't choose a running shoe based on its price or because it looks good.

I struggle to recover properly after a workout. What can I do?

For one, always stretch properly immediately after working out – that's essential. Then, if you can, factor in time for thorough myofacial release. You'll need to invest in a decent foam roller for this.

I'm finding it difficult to build up my lats. What moves should I try?

Bodyweight exercises are the best, and when it comes to your lats, there's nothing better than wide grip pull-ups. Start with rep goals (20/30/40), and take as many sets as you need to complete the goal. Decrease the number of sets every week, and you should improve quickly.

What do you recommend doing for a good warm-up?

The best way to start any workout is with a light cardio session to stimulate blood flow and warm up the joints. Ten minutes' skipping, or cycling, should do the trick.

Do I need to take a pre-workout supplement?

Pre-workouts contain caffeine, beta-alanine and creatine, as well as other ingredients that generate explosive energy and assist muscle recovery. But if you can't take one every time, alternate them with a shot of strong espresso.

Follow Paul on Twitter and Instagram @paulsweat1000

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1. THE BUILDING BAND

LEVEL Beginner
OUR PICK Rebel Power Bands

WHY Resistance bands are light and durable, and there are thicker options for more of a challenge.

THE MOVE The Squat: stand on the band so there's tension, and hold the ends in your hand in a squat start. Stand up while keeping your hands as high as possible.



2. THE FAT WHIP

LEVEL Medium
OUR PICK Enduro Speed Rope

WHY Skipping will build up your engine, rev your metabolism and help shed fat.

THE MOVE Double-Unders: get the rope under your feet twice for each jump.



3. THE SIX-PACK STRAP

LEVEL Advanced
OUR PICK Rip60 Suspension Trainer

WHY This suspension trainer offers hundreds of moves that target every single muscle. And you can use it anywhere.

THE MOVE Knee Tuck: put your feet in the handles, and get into a push-up position. Then bring your knees into your chest.

R229, fluiditywellness.com



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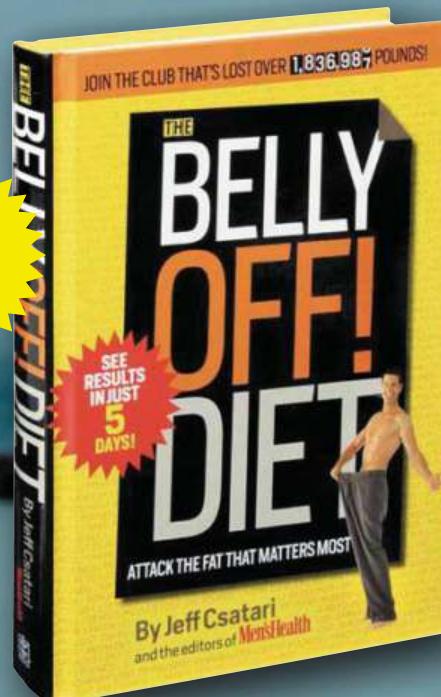
Ref 1. Garfinkel L, Garfinkel D. Magnesium 1985;4:60-72. 2. Albion Research Notes 1997;6(1).  Slow-Mag® Tablets. Each enteric coated tablet contains magnesium chloride 535 mg (equivalent to 64 mg elemental magnesium) H24/89. Slow-Mag® Caps. Each capsule contains magnesium amino acid chelate 450 mg (equivalent to 45 mg elemental magnesium). Slow-Mag® Fizzy. Each Effervescent tablet contains elemental magnesium 172 mg and Vitamin C 150 mg. For further information, refer to the package insert approved by the Medicines Regulatory Authority. Merck (Pty) Ltd. Reg. No. 1970/004059/07. 1 Friesland Drive, Longmeadow Business Estate South, Modderfontein, 1645. Tel. (011) 372-5000, Fax. (011) 372-5252. SM.04.13.007, Report adverse events to drugsafety@merck.co.za or +27 11 608 2588 (Fax line).

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Turn up the heat on every hook-up with
these irresistible approaches

BY ANNA MALTBY • PHOTOGRAPHS TURE LILLEGRAVEN



T

THE GREY SKIES ARE clearing, the sun's getting stronger, and it's not just the weather that's warming to you. Not only do people living in warmer climates report greater sexual

activity, according to a recent Trojan survey, but a study published in *Archives of Sexual Behavior* notes that X-rated search terms tend to spike in spring and early summer. You can capitalise on that libido surge: "Summer means more opportunities to meet women who want to meet you," says Christie Hartman, a behavioural scientist and the author of *Changing Your Game*. Allow us to make a few introductions.



The Superfan

READ HER MIND One word: passion. "When I'm watching the game, I'm all the way into it," says Marissa, 30, a Bulls fan. "I wear the real gear – not that pink stuff. I pay attention. I yell at the players." And yes, it's true: that intensity might translate to the bedroom, says says Paul Hokemeyer, a family therapist. "Female sports fans strike us as smouldering hot because they're so enthusiastic. Her ability to get fired up by strength, technique and physical contact could show more of an openness to sexual experiences."

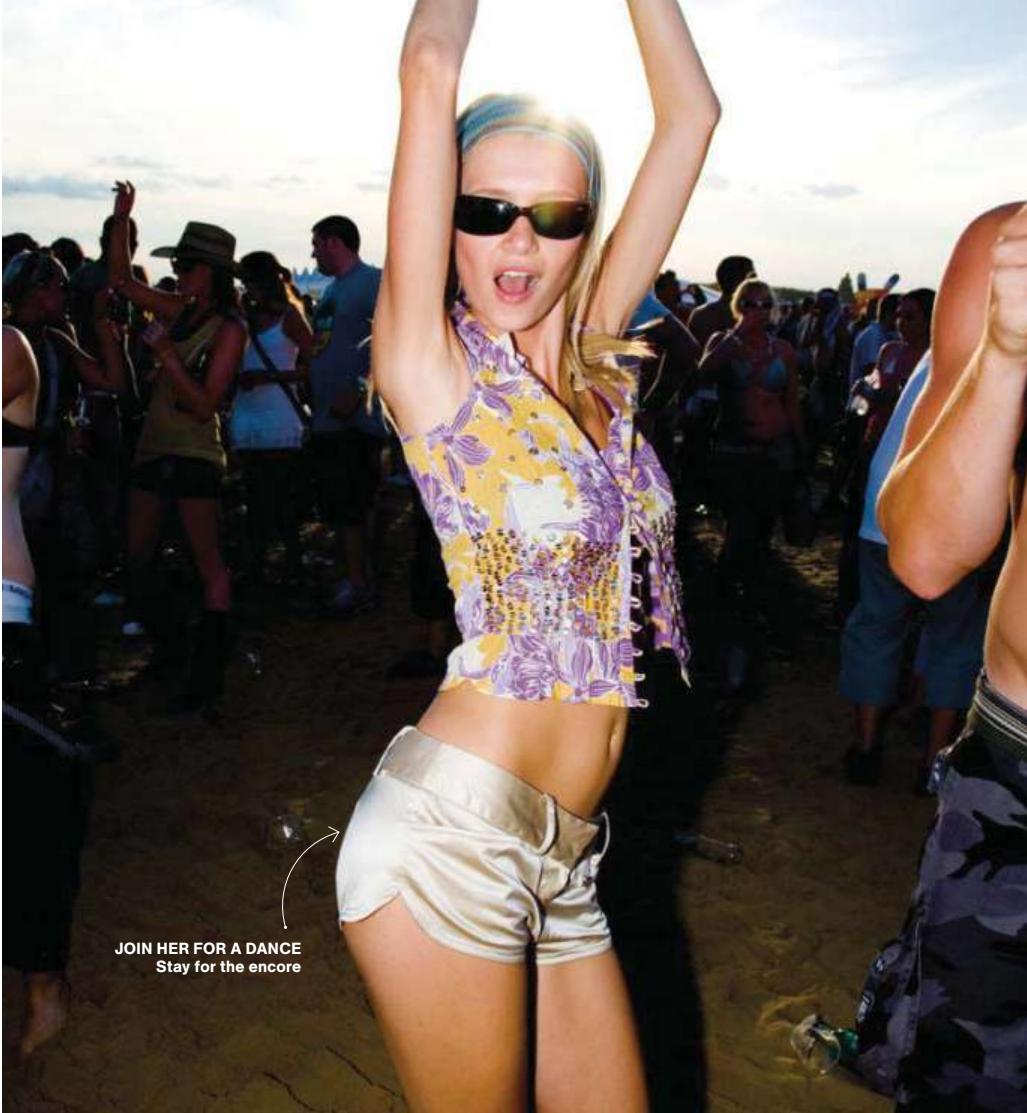
► CHEER HER ON Treat her as an equal, says Hokemeyer. "Never demean her for being loyal to a team. Saying 'You're a fool for liking those losers' will only piss her off." Remember, rugby fans aren't just guys who look like Dean Greylung. Most sports boast a female fanbase of 30 to 40%, according to research giant Nielsen. But "men marvel at the fact that I love sport, and that's so stupid and sexist," Marissa says.



The Bridesmaid

READ HER MIND After all the primping, photo shoots and crisis management, she's finally ready to party. "It's time to let our hair down; we allow ourselves to act crazier," Gunsaulus says. Better yet, she may have already heard that you're a stand-up guy: "She's probably been wrangled into gossiping about eligible guests," says Eimear Lynch, who interviewed hundreds of wedding party regulars for her 2014 tell-all book *The Bridesmaids*.

► JUST "I DO" HER Lots of men go generic at weddings; you don't have to. Stand out with a non-officey shirt colour, suggests MH US executive fashion and grooming director Brian Boyé. "For weddings, pink, yellow or lavender are going to work more to your advantage than a basic white button-down. These colours indicate to women that you have a romantic side and are not afraid to show it," Boyé says. Smaller bright details, like socks or a pocket square, do the trick too.



JOIN HER FOR A DANCE
Stay for the encore



The Festival Fan

READ HER MIND She's wearing a crop top that would make Rihanna blush. And consider this: if you've both emptied your savings on VIP passes, you're showing strong signs of compatibility, Gunsaulus says. "Your interests reflect your tastes, values and how you want to spend your time. The way you prioritise spending money or time is a big issue in relationships. So if you both connect on prioritising experiences over things, that's a plus."

► JOIN HER PLAYLIST Show patience. Wait for the set break to go over to her – that way

you won't interrupt her groove. More importantly, you'll find out if she's waiting for a guy. If she's free, try not to worry that you're the 10th dude to hit on her tonight. Instead, make your move with confidence – and watch her body language. "I go to shows alone and see guys making eyes at me all night, but they rarely ever approach," says Leah, 29. "If I'm into him, I'll throw some glances his way, play with my hair, keep my body language open." But if she seems distracted or fiddles with her phone, Gunsaulus says, it's time to book new talent.



The Gym Goddess

READ HER MIND She's crushing it at 6am, and her burpees put yours to shame. "Women who exercise and charge of their well-being make healthier long-term mates," says Hokemeyer. But they tend to look for the same in you: "Our clients are strong and fit, and they want to be around men who feel the same way about staying in shape," says Tish Arana, who manages a boot-camp class with her husband. And we'll just leave you with this: exercise can increase a woman's genital arousal, according to a study published

in the *Journal of Behavioral Medicine*.

► SWEAT HER OUT Time it right: don't ask her for coffee when she's banging out kettlebell swings; you'll ruin her shot at a PR and miss out on some fortuitous endocrinology. "Go up to her after the class is over," Hokemeyer says. "Vigorous exercise releases hormones that make people open to others. Chemicals in your sweat even act as an aphrodisiac." Try a practical icebreaker: Arana recalls the time her now-husband gave her advice on how to work more protein into her diet.



ARE YOU A PERV?

LET MH SEX ADVISER DEBBY HERBENICK MAKE THE CALL

I'm turned on by the idea of giving her a "facial".

JANNIE, BLOEMFONTEIN
You probably just watch a lot of porn, where facials are more common than hugs. But if that's what you're into (and you aren't coercing or guiltling her into the act) it can be as healthy as many forms of role play. Keep in mind that lots of women consider facials to be highly degrading, not to mention messy. So if she's not into it, don't even try. And if she agrees? Avoid the eyes.

I like to flash strangers my junk on Chatroulette.

MAX, DURBAN
When you start unzipping for anyone other than an audience of consenting adults, then yes; you're being a perv. Flashing anything other than a smile is against the rules on Chatroulette, so it's also not cool. If horrifying strangers is what gets you off, you're no different than a trenchcoat flasher. Find a place where your junk is welcome, like one of the hundreds of cam sites out there made for this purpose. May I suggest starting with DirtyRoulette?



The Outdoor Luncer

READ HER MIND

There's something refreshing about someone who doesn't feel pressured to rush back to her desk. It suggests she's able to enjoy little pleasures, Gunsallus says. If she's alone, that choice conveys confidence, independence and an appreciation for solo time. And if she's with friends, it's a sign that she's social. "If you

approach her group, she may be impressed with your boldness," Hokemeyer says. "Women are drawn to assertive men. It's a turn-on to be around a guy who takes charge, in and out of the bedroom – and she may be flattered that you've singled her out."

► BRING DESSERT

Read her signs: if she has her nose buried in *The Hunger Games*, it's no time to wax poetic about the mockingjay,

Gunsallus says. "After a day at the office, I don't want anyone bothering me during my downtime," says Andi, 29. But if she's looking around the park with a relaxed smile, she may be open to small talk. Just wait until she's wrapping up her meal, Gunsallus says, and then keep things light. And remember, she probably has a job to get back to, so the sooner you ask for her number, the better.



The Surfer

READ HER MIND

It's not just the killer abs and toned legs she's achieved from performing her daily balancing act. "It's the independence – being comfortable out on the water alone. Plus, a woman who's having fun is naturally attractive," says Alana Blanchard, 25, a professional surfer and swimwear model from Hawaii. Dedication and self-assurance are bonuses: "She has the confidence to enter and dominate a male-dominated setting," says sociologist Jennifer Gunsallus, author of the blog Dr Jenn's Den.

"EXERCISE RELEASES HORMONES THAT MAKE PEOPLE MORE OPEN TO OTHERS. CHEMICALS IN YOUR SWEAT ACT AS AN APHRODISIAC..."

6 Things to Say During “The Talk”

You really don't know performance anxiety until you have to talk sex with your kid. Here's your script

BY NICK KEPPLER



GROWTH SPURT
Give him time. He'll eventually find out about Pornhub



“99.9% of the time, sex is not about babies.”

When Dan Savage's son D.J. was 9 years old, he confronted his two dads. “You and Daddy have sex for no reason! Two men can't make a baby!” That's when Savage, the author of several sex advice books and arguably the US's most prominent syndicated sex columnist, realised he may have botched the talk. “I left out the most important part: pleasure,” he says. But those communication fumbles are fine, he learnt, as long as you correct them.



“Don't rush it – but when it happens, use a condom.”

Young people often think good sex is “just something that breaks out, that impulsiveness is evidence of authentic feeling,” says Savage. They may even feel that actively planning to get into someone's pants is dirty. “We need to change that,” he says. If your kids want their first time to “find them”, warn that it could happen when they're drunk or without protection. Stress the importance of having a condom handy – and knowing how to put it on.



“If talking to me is too weird, talk to Aunt Claire.”

Don't be afraid to delegate in a pinch. When Savage and his three siblings were teenagers, their mother appointed aunts to be their confidantes on all matters sexual. Those relatives were told not to report what they heard back to Savage's parents. “They weren't in our lives every day, so we didn't have to see them constantly,” he says. “It wasn't like we had to go to an adult who we'd then have to look in the eye every morning.”



“Whatever you want to watch is your business.”

Yeah, this part of the discussion may feel especially awkward. But your teen is online, so he's probably seen hours of porn. “Beginner” activities, such as mutual masturbation, aren't typically emphasised in porn; but advanced, intense sex acts are. A lot of porn also has an undercurrent of anger. Tell your kids that porn doesn't represent real-life sex. “Teach them to have a critical eye, to be thoughtful porn consumers,” Savage says.



“Everyone is into different things. I'll leave it at that.”

“People who are kinky need to know that their life isn't over because they're into diapers or whatever,” Savage says. If you're uncomfortable talking about, say, bondage to your 13-year-old, just mention atypical sexual interests when you bring up another must-discuss topic: consent. Savage's script: “Even the craziest thing two people want to do together (if it's consensual and they take steps to assure their mutual safety) is fine.”



“Whichever way you lean, I'll always love you.”

Teenagers are riddled with insecurities – and sexuality ranks high among them. “Kids have attempted suicide because they assumed their parents would have a problem with their being gay, when the parents actually didn't,” says Savage. “But the parents never said anything about how they would accept them.” So make some acknowledgment of homosexuality to show that you're totally okay with it – and that they should feel the same way.

Dermatologist Recommended

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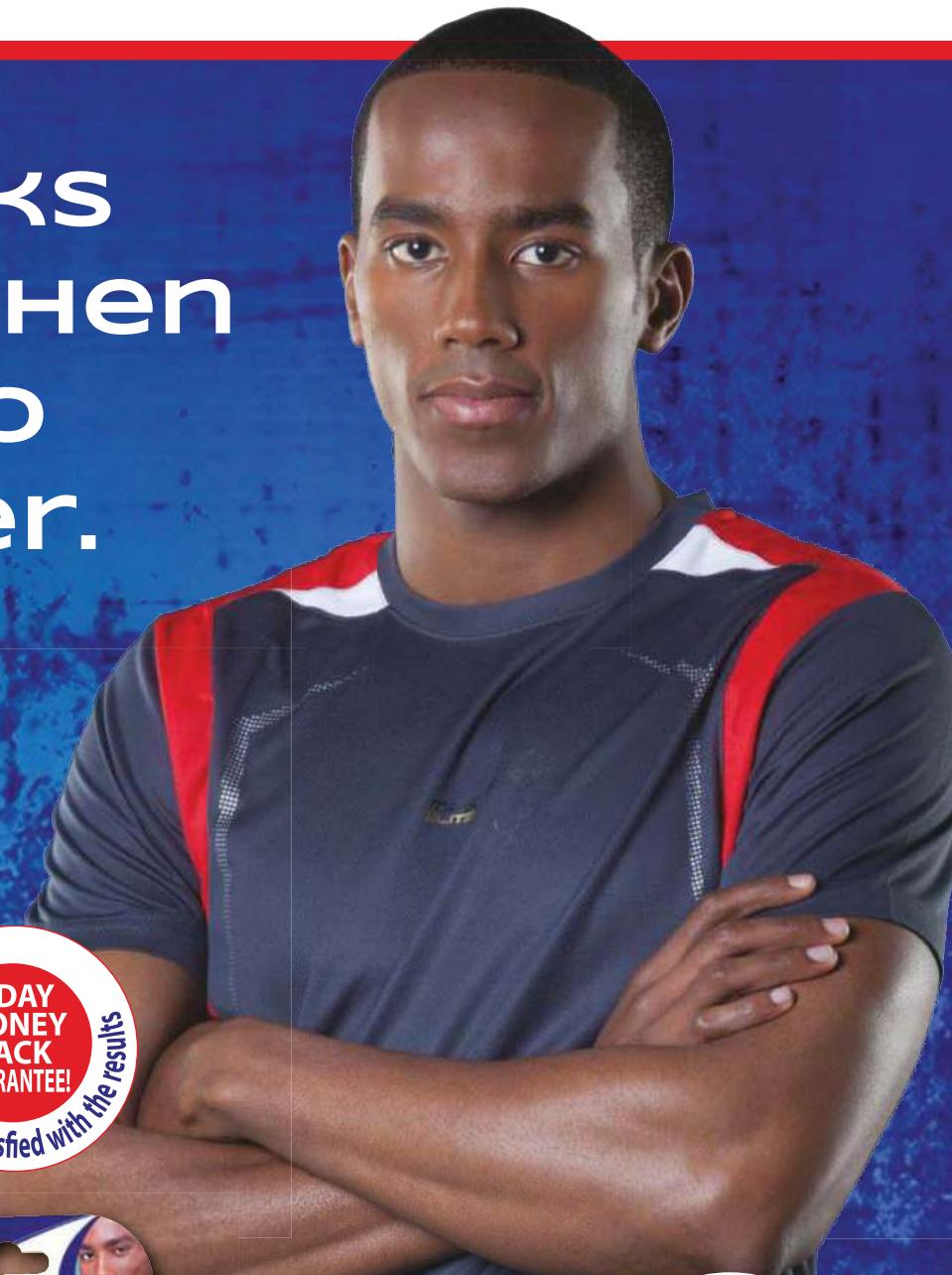
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THE GIRL NEXT DOOR

Sex, dating, love and lust. **Amelia Frenkel** will now take your questions



My girlfriend has a really close gay friend. Sometimes I feel like the third wheel. What's the best way to handle this? RYAN

Easy. Avoid awkward activities and dates when it's just the three of you, but join in when it's a group or something more sociable. You don't have to lie to her, but don't get defensive either or completely dodge the dude. Be clear that it's not personal, just situational - they get on really well so you naturally tend to be left out. Next time she's hanging out with him, make a plan to meet up with a buddy so she won't feel bad for leaving you at home, then suggest drinks or dinner with mutual friends so she knows there's no bad blood.

I've started dating someone, but thanks to Instagram, I've realised that her best friend is an ex-hook up of mine. Should I tell her or keep quiet and treat the friend like a stranger? CAMERON
Are you crazy? You have to tell her. Downplay it, absolutely, but this is her best friend, man! There's no dodging this one.

I've recently gotten into the whole "fit lifestyle" thing, but it doesn't interest my girlfriend of five years at all. It's tough for me and I really could do with the support. What do I do now? MARK

There could be a couple of things at play. For one, you're changing from the guy she met, even if it may be into a fitter, healthier version. And, as you may remember from your previous life, for someone on the outside the unbridled enthusiasm for the whole #fitspo thing that you long to share (without being solicited) with all your Facebook friends and Instagram followers can be nauseating. She can't relate and she's probably feeling left out. So maybe tone it down a bit (especially when talking about any women who may be really good at handstand push-ups in your class), then find a way of making her a part of your new way of life. It could be a gentle hike

and picnic if she's not sporty, or hot yoga or some other class you can enjoy as a couple. I guarantee, when she starts to feel the endorphins too, she'll be more supportive. Be gentle.

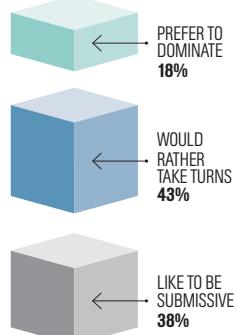
This new girl I'm seeing is really into her phone and wants to do the whole Snapchat thing. Is it safe? PIETER

An app that encourages you to share photos and videos and promises to delete them right away seems to almost invite you to capture things you wouldn't want to keep, right? Wrong. While much has been done to honour privacy policies since Snapchat settled charges last year bought by the Federal Trade Commission over deceiving consumers, everything is still run through a server. So your sexy snaps could be "forensically" discovered even after they've disappeared, much liked deleted Whatsaps. With over 100 million active daily users, Snapchat's temporary immediacy is undeniably popular and it's a cute way of flirting or live video chatting while you're getting to know each other. But as for trusting "new girl" - or anybody - with anything you wouldn't want the world to see, I wouldn't risk it.


Follow Amelia on Twitter @MH_girlnextdoor or email your questions to girlnextdoor@mh.co.za

THE POWER EQUATION

More people want to be dominated than dominate, but taking turns is most popular.



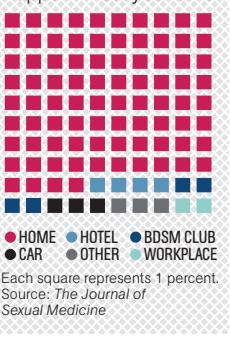
Source: Lelo

HUMILIATION: HOW IT WORKS

Those nasty words trigger a rush of feel-good endorphins as your brain tries to ease your pain, says Sprott. (It has a hard time distinguishing between physical and emotional injury.) But go easy: Insult your partner in a way that's also erotic. For example, instead of body shaming, say something like "You're a dirty, dirty girl."

SECRET PLACES

Where does this stuff happen? Mostly at home.



WORLD PSORIASIS DAY

Dispelling myths and spreading hope for people with psoriasis

World Psoriasis Day is celebrated annually on 29 October in order to raise awareness, educate, dispel myths and let people with psoriasis know that they are not alone.

MORE THAN 125 MILLION PEOPLE WORLDWIDE LIVE WITH PSORIASIS¹

A chronic, unsightly, skin condition that can have profound effects on emotions and lifestyle.¹⁻³

So what is psoriasis and what causes it? Dr Ayesha Moolla, a consultant dermatologist in private practice in Gatesville explains. Psoriasis is a condition, primarily of the skin, that occurs due to abnormal activity of the immune system, causing the cells, blood vessels and nerves to grow faster than usual.⁴ Unlike normal skin, where the cells take about a month to mature and are shed unnoticed, cells affected by psoriasis mature within seven days, causing them to heap up into characteristic patches or 'plaques' of thick, red skin, covered with white or silvery scales.¹⁻⁵

Common skin symptoms include:^{3,5}

- Plaques over the back of the elbows, front of the knees, lower back and around the umbilicus
- Itching, burning or pain
- Bleeding
- Messy flaking of the scalp
- Discoloured finger and toe nails which may lift from the nail bed.

All ages may be affected, but psoriasis most commonly begins in the teenage and early adult years, before the age of 40.⁶

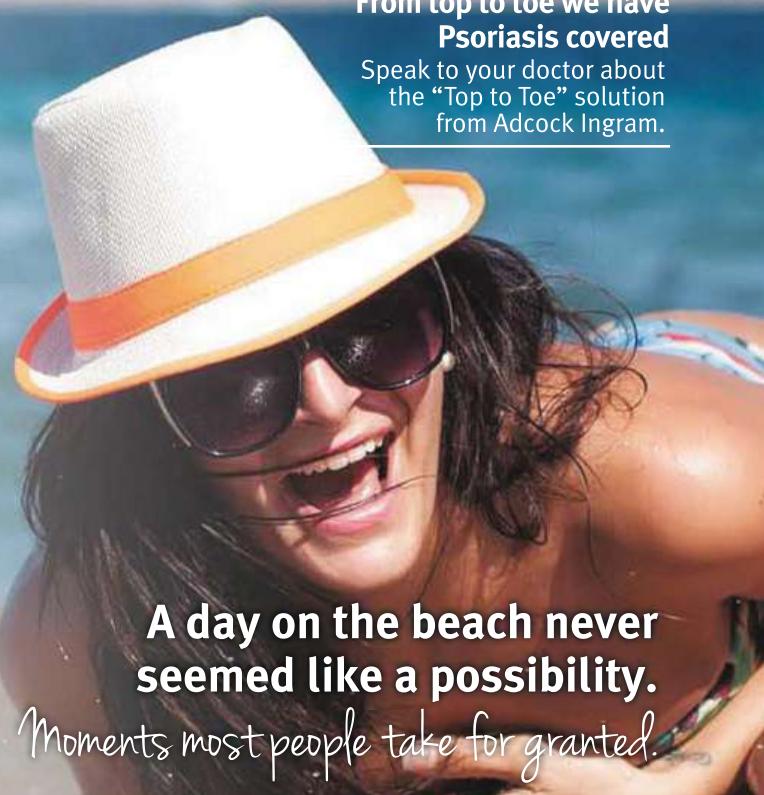
To quote Dr Moolla, "Psoriasis can easily be confused with other common skin conditions, especially eczema, which requires different types of treatment. Therefore any skin condition must be properly assessed by someone qualified to make the diagnosis."

Although there is no cure for psoriasis, it can be treated effectively:

- Most people diagnosed with psoriasis (75 %) have mild to moderate psoriasis with limited skin involvement that is responsive to topical medications or phototherapy.⁷
- These types of medications include corticosteroids to control inflammation; calcipotriol, a compound derived from vitamin D that reduces the abnormal growth of skin cells; and creams that soften and promote the shedding of abnormally built-up skin.⁷
- Although coal tar is also used, a lot of people don't like it because it is messy, stains clothing, and it has a very strong odour.⁷
- A notable advance in the treatment of psoriasis is a combination treatment formula that is based on the action of calcipotriol with the anti-inflammatory effect of betamethasone dipropionate, a corticosteroid.⁷
- In addition to preparations for the skin, the combination treatment is available as a gel for use on the scalp.⁷

From top to toe we have Psoriasis covered

Speak to your doctor about the "Top to Toe" solution from Adcock Ingram.



A day on the beach never seemed like a possibility.
Moments most people take for granted.

Potential benefits of combination topical therapy with betamethasone dipropionate and calcipotriol⁷⁻⁹

1. Combines skin cell normalising effects of calcipotriol with anti-inflammatory effects of corticosteroid;
2. Enhances treatment effectiveness - more effective than either ingredient alone;
3. Rapidly and consistently effective for mild to moderate psoriasis;
4. Once daily application replaces frequent application of one or more single-ingredient products;
5. Clinically proven to improve measures of quality of life.

Support for people with psoriasis in South Africa is available through the South African Psoriasis Association (www.psoriasis.org.za).

References: 1. International Federation of Psoriasis Associations (IFPA). World Psoriasis Day. <http://www.worldpsoriasisday.com>. Accessed 10 July 2015. 2. Raboobee N, Aboobaker J, Jordaan HF, et al. for the Working Group of the Dermatological Society of South Africa. Guideline on the management of psoriasis in South Africa. *S Afr Med J* 2010; 100(4): 257-282. 3. Ahmed A, Leon A, Butler DC, Reichenberg J. Quality-of-life effects of common dermatological diseases. *Semin Cutan Med Surg* 2013; 32: 101-109. 4. Schön MP, Boehncke WJH. Psoriasis. *N Engl J Med* 2005; 352: 1809-1912. 5. Laws PM, Young HS. Update of the management of chronic psoriasis: new approaches and emerging treatment options. *Clinical Cosmetic and Investigational Dermatology* 2010; 3: 25-37. 6. Scottish Intercollegiate Guidelines Network (SIGN). Diagnosis and management of psoriasis and psoriatic arthritis in adults. Edinburgh: SIGN; 2010. (SIGN publication no. 121). Available from: <http://www.sign.ac.uk>. Accessed 10 July 2014. 7. Chiricozzi A, Chimenti S. Effective topical agents and emerging perspectives in the treatment of psoriasis. *Expert Rev Dermatol* 2012; 7(1): 283-293. 8. Van de Kerkhof PCM. The impact of a two-compound product containing calcipotriol and betamethasone dipropionate (Dovobet®/Dovobet®) on the quality of life in patients with psoriasis vulgaris: a randomized controlled trial. *Br J Dermatol* 2004; 151: 663-668. 9. Kragballe K, Van de Kerkhof PCM. Consistency of data in six phase III clinical studies of a two compound product containing calcipotriol and betamethasone dipropionate ointment for the treatment of psoriasis. *J Eur Acad Dermatol Venereol* 2006; 20: 39-44. ZA15.CDR.115 08/2015



Food + Nutrition



Now That's a



Taco

AN AFRICAN TACO IS LIKE A RUSSIAN ELECTION:
FRAUDULENT IN EVERY WAY, RIGHT? WRONG.
NIC HAARHOFF, WHOSE TAQUERIA IS CHANGING
ALL THAT, IS HERE TO HELP YOU BRING SOME
AUTHENTIC MEXICAN INTO YOUR OWN CASA

BY TODD KLIMAN • PHOTOGRAPHS JAMES WOJCIK

ITAN FÁCIL
COMO UNO,
DOS, TRES!

Construct the Ultimate Taco!

You can experience life-changing tacos at home by embracing the flavour traditions of authentic Mexican cuisine, says Nic Haarhoff, El Hefe at Taqueria. Follow his formula

1. MEXICAN OREGANUM

This dried herb packs more pungency than the Italian and Greek versions. Find some at your local spice guy and crush the leaves over tacos for an intense aromatic hit.

2. COTIJA

If you like your tacos with a touch of creaminess, try this cow's-milk cheese. It carries a tart, salty taste. Can't find Cotija? No problem, stick with good ol' Feta. Crumble the cheese with a fork.

3. PICKLED RED ONIONS In a pan on low, toast ½ tsp cumin seeds, 4 to 5 minutes. Grind to a powder; mix in ½ sliced red onion, 1 tsp each white balsamic and red-wine vinegars, salt and pepper. Soak for 20 minutes. Done.

4/ Superior Sauce

STEAK MARINADE

30G CORIANDER SEEDS

10G CUMIN SEEDS

10G PAPRIKA

2 JUNIPER BERRIES

1/ Toast all the ingredients on a dry pan; be careful not to blacken the spices. Then, in a spice grinder, grind all the spices together.

ADD

2 LIMES (ZESTED AND JUICED)

150ML OLIVE OIL

PINCH OF BROWN SUGAR

2 SPRIGS OF THYME (CHOPPED)

1/ Your steak really comes down to your preference. If you're looking for a quick meal, then perhaps get your butcher to thinly slice some deboned ribeye steaks for you, about 1cm thick.

2/ Ideally, you want to marinade the meat overnight to get the flavours in deep, but if you're in a hurry, two hours will be just fine.

3/ Ideally you want to cook your steak on a hot fire. If you have a thin steak, you literally need a minute each side. But you know how to braai, right? **Makes 1½ cup**

PRONTO

In a blender, pulverise 2 chopped jalapeños, 6 chopped cherry tomatoes, ½ chopped avocado, ½ chopped white onion, 1 Tbsp chopped coriander, the juice of ½ lime and up to ½ cup water. Stir in another ½ chopped avocado; add salt to taste. **Makes 3½ cups**

5/ Perfectly Charred Meat

GRILLED PORK TACOS AL PASTOR

2 DRIED JALAPEÑO CHILLIES, STEMMED

2 GARLIC CLOVES

½ MEDIUM WHITE ONION, ROUGHLY CHOPPED

1 TSP DRIED MEXICAN OREGANUM

1 WHOLE CLOVE

½ TSP GROUND CINNAMON

6 BLACK PEPPERCORNS

500G TRIMMED PORK SHOULDER, CUT INTO THICK SLICES

1/ In a medium pot, add 2 cups water along with the chillies, garlic, onion, oreganum, clove, cinnamon and peppercorns. Add a big pinch of salt. Bring everything to a boil and then lower the heat to a simmer and cook for 15 more minutes.

2/ Allow the mixture to cool, then transfer it to a blender or food processor and blend until smooth. Drain and season with salt to taste. Now pour it into a zip-top bag and add the meat. Let it marinate in the fridge for at least 3 hours.

3/ Preheat your grill to direct, high heat. Remove the meat from the marinade and grill until well seared and charred on all sides, about 2 minutes per side. Allow the pork to rest for 5 minutes.

4/ To serve, chop the grilled pork, divide it among your tortillas and top with chopped onion and coriander.

5/ To add some crunch, slice two baby cabbages and mix through some fresh lime juice. Done. **Makes 8 servings**

RAPIDO

Shroom tacos: in a pan on medium, heat 1 Tbsp oil. Add ¼ cup minced onion, a minced garlic clove and a minced chilli. Cook for 2 minutes. Add 1½ cups sliced mushrooms. Sauté for 5 minutes. Stir in a diced tomato and 1 Tbsp coriander.

6/ Homemade Tortillas

MASA HARINA TORTILLAS

125G PORK FAT OR HULSUM VEG LARD. THIS IS NOT ENTIRELY NECESSARY IF YOU ARE EATING THEM STRAIGHT AWAY, BUT IT HELPS KEEP THE TORTILLA MORE PLIABLE

500G MASA HARINA

750ML WATER

10G SALT

1/ Place the masa harina in a large mixing bowl and add the melted lard or fat. Work the lard into the flour, then add the water and salt and work to a soft and firm consistency.

2/ Wrap the dough and allow to rest in the fridge for 30 minutes. Roll into 40g balls and hand press with a tortilla press or rolling pin. You want them very thin – no more than 3 or 4mm thick.

3/ To cook, use a non-stick pan. No oil! Toast them in a hot dry pan: wait till they puff up a little, then turn. It should take no longer than a minute and a half to cook. Make sure the tortilla is cooked all the way through.

4/ Put the tortilla fat-down on your plate, add a little bit of slaw, some of your perfectly cooked, thinly sliced steak or grilled pork. Fold both sides up, and enjoy with a margarita made with fresh limes.

ANDALE!!

No time to knead? Buy corn tortillas from your local health shop – try Santa Anna's at Wellness Warehouse (santaannas.co.za) – and prep smart. Slap a tortilla on a dry griddle and cook until it's pliable and puffed, turning every 10 seconds, 40 seconds total. Then brush with canola oil and season both sides with salt.



James Anderson

"England's most successful bowler of all time"*

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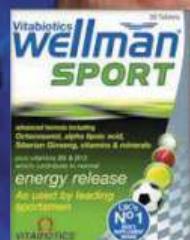
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Ω
VITABIOTICS
SCIENCE OF HEALTHY LIVING

Road to Recovery

How you recoup after training matters. Make sure your post-workout meal is up to scratch

BY FLORENCE KNIGHT / PHOTOGRAPHS LOUISA PARRY

WHEN YOU'VE COME IN AFTER A LONG day with a 45-minute weight session tacked on to the end, cooking can seem like the final barrier before bed. You need a meal that packs a punch, but doesn't leave you salivating for the next hour waiting for the oven timer to go. Your finished plate also has to pack enough vitamins and minerals to help your body fully recover. We sourced 10 ostensibly incompatible ingredients that deliver not just protein, but the chemicals to process protein, as well as anti-inflammatories to ease any lingering muscle pain. Then we turned them over to Florence Knight, author of *One: A Cook and Her Cupboard*, who transformed them into two resplendent meals that will satiate you in seconds.



01/ OLIVE OIL

Splash a testosterone-boosting dose over your food to increase muscle growth, without resorting to banned substances.

02/ ALMONDS

The antioxidant properties of this crunchy snack prevent free radical damage, which causes fatigue. Eat two handfuls daily without packing on fat*.

03/ BROAD BEANS

Add these iron-rich beans to fortify your salad and combat that tired, weak feeling by increasing the oxygen cells pumping around the body.

04/ MANUKA HONEY

A spoonful provides a quick carb hit without the inevitable blood-sugar drop, according to Baylor University. Its anti-inflammatory properties act as a natural painkiller for DOMS. manukahoneyafrica.com

05/ LEMON

Its juice is a key source of the electrolyte potassium, which combats cramps and spasms. Squeeze it in your water bottle, immediately.

06/ GREEK YOGHURT

Bolstered with twice as much protein as plain yoghurt, this boosts muscle repair and strength, according to *Medicine and Science in Sports and Exercise*.

07/ WATERCRESS

Add this raw ingredient to your sandwiches and reap the benefits of beta-Carotene and vit E to speed up muscle recovery.

08/ PINEAPPLE

A powerhouse of nutrients, it delivers vitamin C to make collagen in the body and build new tissue, as well as bromelain to aid protein digestion.

09/ COCONUTS

The meat is a key source of manganese: a mineral that helps activate enzymes and convert proteins in the body to produce energy.

10/ MACKEREL

You knew fish would be on here somewhere, and this one is primed for the job, delivering 21g of protein per fillet, without the hefty price tag of salmon.



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FOAM-ROLLING FARE

Whole grilled mackerel with a watercress, bean & almond salad

METHOD

1 Heat a griddle pan until piping hot, then lightly oil and season the mackerel. Throw your fish on the heat and fry for six minutes each side. "You should cook the mackerel until the flesh is opaque and starts to come away from the bone. The fish should have nice black lines, so keep those heat levels high," says Knight.

2 Bring a pan of salted water to the boil and blanch the broad beans for two to three minutes (that's chef-speak for quickly boiling the beans, then plunging them in ice water). Drain your beans and gently add them to the watercress and almonds to create your fortifying mix. Season with lemon juice, oil and salt.

3 Place the fish on a plate with a good bundle of the watercress mix, plus a wedge of lemon, for that extra potassium hit. **Serves 4**

YOU'LL NEED

4 FILLETS MACKEREL
GLUG OLIVE OIL
PINCH MALDON SALT
200G BROAD BEANS, PODDED
2 BAGS WATERCRESS
80G ROASTED ALMONDS
3 LEMONS

THE FISH, BEANS AND NUTS ALONE DELIVER A TRIPLE DOSE OF POST-EXERCISE PROTEIN, BUT PLATING THEM UP WITH THESE EXTRAS UPGRADES HOW YOUR PROTEIN IS ABSORBED AND INCREASES RECOVERY TIME. TUCK IN.

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Ever wondered why they call it the “iron man”?

Whether you are a jogger, swimmer, gym baby, tennis player or an active team sport player, leading an active lifestyle places you at risk of developing iron deficiency anaemia.

The symptoms of iron deficiency are very hard to notice resulting in it also being called the “hidden hunger” affecting more than two billion people globally.^{1,2,3} By the time most people discover that they suffer from iron deficiency or are anaemic, the disease is usually already at a late stage.^{3,4}

Anaemia occurs when your blood doesn't have enough haemoglobin. Haemoglobin is the protein in your red blood cells that carries oxygen from your lungs to the rest of your body. A common cause of anaemia is a lack of iron.^{3,4}

Female athletes are at a greater risk of developing iron deficiency anaemia (IDA) as they have lower levels of iron, due to blood loss in menstruation.⁵ Vegetarian athletes are also at risk due to not eating meat and/or fish and they must compensate for this lack of iron in their diets.^{3,4,6}

Athletes need to supplement their diets with iron to compensate for the lack of iron in their specialised diets, e.g. carbo-loading.⁶ Iron supplementation has been linked to improved performance due to oxygen being better transported through the body.^{5,7}

Why do athletes lose so much iron?

The two main reasons for the loss of iron in athletes are foot strike haemolysis, which is the destruction of red blood cells in the feet due to constant impact; and the increased loss of iron through perspiration.^{5,7} These reasons make it difficult for endurance athletes to absorb the necessary amounts of iron from their diets hence the need for an iron supplement.

What are the signs and symptoms of iron deficiency anaemia in athletes?^{3,4}

Often, and as mentioned earlier, IDA does not cause any clearly visible symptoms. However, some of the symptoms in athletes who have iron deficiency anaemia, may include:

- Fatigue
- Irritability
- Headache
- Dizziness
- Palpitations, breathlessness
- Swollen or sore tongue
- Nails become brittle

Go for gold with the ‘right’ iron

The good news is that iron deficiency can easily be treated with **Ferrimed®** because it contains 100% elemental iron.

Ferrimed® is available in a range of formulations to suit most patient groups, including diabetics, and is:

- well tolerated and will not interact adversely with other commonly used medications you may be taking^{8,9,10}
- safe enough to be prescribed for premature babies (which means it's also safe for you!)¹¹

Ferrimed® has a pleasant taste¹² and doesn't need Vitamin C for its absorption.¹³ This makes it easier to take with or without food although it is better absorbed if it is taken after a meal.^{8,9}

We hope that this helps to keep you performing at your peak but should you still want to learn more about iron deficiency anaemia, please talk to your doctor.



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References: 1. The Global Hidden Hunger Indices and Maps: An Advocacy Tool for Action. ReliefWeb. [online] 2013 Jun [cited 2014 Jun 24]. Available from: URL: http://reliefweb.int/sites/reliefweb.int/files/resources/Hidden_Hunger_Index_Executive_Summary.pdf. 2. World Health Organisation. Micronutrient deficiencies. [online] [cited 2014 Jun 24]. Available from: URL: <http://www.who.int/nutrition/topics/ida/en/>. 3. Iron Deficiency Anemia. MayoClinic.org. [serial online] [cited 2014 Jun 24]. Available from: URL: <http://www.mayoclinic.org/diseases-conditions/iron-deficiency-anemia/basics/definition/con-20019327>. 4. Iron deficiency anemia. National Heart Lung and Blood Institute. Diseases and Conditions Index. Iron Deficiency Anemia. [serial online] [cited 2014 Jun 24] Available from: URL: http://www.nhlbi.nih.gov/health/dci/Diseases/ida/ida_whatis.html. 5. Weaver CM, Rajaram S. Exercise and Iron Status. *J Nutr* 1992;122:782-787. 6. Deakin V. Iron depletion in athletes. Chapter 10. In: Clinical Sports Nutrition Fourth Edition [online] [cited 2014 Jun 24]. Available from: URL: <http://www.paragraph.com.au/pdf/books/clin-sp-nutr.pdf>. 7. Peeling P, Dawson B, Goodman C, Landers G, Trinder D. Athletic induced iron deficiency: new insights into the role of inflammation, cytokines and hormones. *Eur J Appl Physiol* 2008;103:381-391. 8. Geisser P, Müller A. Pharmacokinetics of Iron Salts and Ferric Hydroxide-Carbohydrate Complexes. *Drug Res* 1987;37(1):100-104. 9. Borbolla JR, Cicero RE, Dibildox M, Sotres D, Gutiérrez R. Iron hydroxide polymaltose complex vs iron sulphate in the treatment of iron deficiency anaemia in infants. *Revista Mexicana de Pediatría* 2000;57(2):63-67. 10. Funk F, Cancini C, Gelsser P. Interactions between Iron(III)-hydroxide Polymaltose Complex and Commonly Used Medications: Laboratory studies in rats. *Drug Res* 2007;57(6a):370-375. 11. Amon S, Shiff Y, Litmanovitz I, Regev RH, Bauer S, Shainkin-Kestenbaum R, et al. The efficacy and safety of early supplementation of iron polymaltose complex in preterm infants. *Am J Perinatol* 2007;24(2):95-100. 12. Bogdanova OM, Pashenko IG. Comparative Evaluation of the Efficacy of Iron Salt with Hydroxide Polymaltose Iron Complex in Elderly Patients with Iron Deficiency Anemia. *Hematol Transfusiol* 2004;49(1):1-4. 13. Burckhardt-Herold S, Klotz J, Funk F, Büchi R, Petrig-Schaffrand J, Geisser P. Interactions between Iron (III)-hydroxide Polymaltose Complex and Commonly Used Drugs. Simulations and in vitro studies. *Drug Res* 2007;57(6a):360-369. 14. Data on file.

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Health + Wellness



What Happens When the Volume's Up too Loud?

Yes, it can hurt your hearing.
But it can also make you wish
for a way to hear less

BY MICHAEL PERRY • ILLUSTRATION BY FOREAL

I
I'M NO LOGGER, BUT WE often heat our house with a woodstove, and I do like to run a chainsaw. So I was happy in the forest a few months ago as I revved the engine, dropping trees and chopping them into firewood length for next winter. The snarling roar of the saw rose and fell, safely muffled by my hearing protectors.

Then the saw coughed, and died. Out of fuel.

The forest fell silent. But my head? Not at all. The moment the engine noise ceased, my noggin filled with a high-tensile squeal. The sound seemed to pass through my brain, from ear to ear, like the thinnest steel guitar string drawn so taut that it seems about to snap - and yet never does.

As carefully as I could, I put the saw down on the ground and peeled off the earmuffs. The squeal didn't stop, but faded, and at least it no longer felt as if someone was shooting a laser beam through my skull.

MY CRANIUM USED TO BE QUIET. THEN 15 years ago, I pulled an all-nighter in a recording studio while wearing a pair of headphones cranked blisteringly high. When I stepped outside at dawn, my ears were making Charlie Brown *wah-wah* sounds. Within 48 hours, the *wah-wah* stopped but a ringing sound remained. I was worried. Had I damaged my ears?

I made an appointment with an audiologist. Surprisingly, my hearing tested fine, but the ringing wouldn't stop. "It's tinnitus," said the audiologist. "Some people hear buzzing or chirping. It might just go away," she said. "Or not."

It did not go away. It kept me awake at night. The more I tried to ignore it, the more it bothered me. And it didn't just bother me - it made me feel ashamed and guilty. Like it was a signal broadcasting the same unceasing message: *You wrecked your ears, you idiot.* I was depressed. I couldn't sleep. Most of all, I felt dumb for being this upset about a sound.

I wanted help, so I started researching treatment options, contacting tinnitus experts, and learning everything I could about the affliction. When you begin delving into tinnitus, you quickly discover two camps: those who say *TIN-it-us*, and those who say *t'NIGHT-us*. And good luck getting even the experts to agree.

But however you pronounce it, tinnitus effects a surprising number of people. According to research from the University of Pretoria (UP) 17% of South Africans experience the condition at one time or another. Between 4 and 5% of people say it causes them clinically significant problems, ranging from mild irritation to total disability. Of course, those numbers go way up among those with a history of noise exposure: researcher Anita Lynne Edwards at Wits University has calculated that 25 to 30% of South Africa's miners have reported suffering from tinnitus.

By the time I'd gathered all that information, several weeks had passed, and something odd had happened: my tinnitus no longer bothered me. Oh, it was still there, and I still didn't like it; but it had receded into the background. My depression and insomnia were gone.

Later - much later - I would discover that the timing of these changes was no coincidence.

But for the time being, I decided that I could probably live with my tinnitus.

IT'S A VICTORY IF SOMEONE SAYS, I STILL HAVE TINNITUS; I JUST DON'T CARE ABOUT IT ANYMORE

BEFORE YOU TRY TO LIVE WITH TINNITUS, find out from your doctor if you even have to. "Most cases can't be treated with medicine or surgery," says James Hall, a professor at the Osborne College of Audiology at Salus University in Pennsylvania, "but it's always important to identify the few people who can be helped by a physician, because tinnitus might be a symptom of ear or neurological diseases that sometimes are very serious."

He's primarily talking about tumour-triggered tinnitus as well as the kind caused by cardiovascular disease. But the nonstop noise can also be brought on by Lyme disease, jaw misalignment and ototoxicity - i.e., as a side effect of medications including aspirin and certain antibiotics. And you know the expression "I got my bell rung"? If it keeps ringing, get checked out for a concussion, as tinnitus is a common consequence of a bad bonk. In most situations, however, tinnitus occurs as

a result of damage to the ear from too much noise exposure for too long and too often.

But what's funny about the condition (except to sufferers like myself) is that it truly is all in a person's head. If someone could stick a microphone inside my skull, they wouldn't hear the ringing. That's because my brain, primarily the auditory cortex, is generating only the *perception* of noise. In some cases, this is an attempt by the cortex to replace a frequency range that can no longer be detected due to damaged hearing. Researchers have identified some of the mechanisms underlying tinnitus perception, but unfortunately, just as often there's no explanation for why it creates these phantom sounds. That's why tinnitus is so difficult to treat, leaving those afflicted with few options and sometimes even less hope.

When US musician Mark Stancato wound up with a career-derailing case of tinnitus in 2013 and was told by two separate physicians that nothing could be done, he became so desperate that he considered suicide. "I remember having visions of buying a gun, going home, writing a note and putting the pistol to my head," says Stancato.

Frightened, he sought help from a psychiatrist, who treated him with counseling and antianxiety medications. "Now I'm back at a place where it's manageable," says Stancato, who has since returned to performing with Vine House. "Sometimes I can't hear it at all." But he says he'll never forget the time he was begging an otolaryngologist for help, and the doctor just replied, "Well, tinnitus never killed anybody."

"That isn't true," says Stancato, and he's right: he got out alive, but that same research from UP, mentioned earlier, cites suicide as a special concern when tinnitus is accompanied by psychological issues.



RECENTLY I NOTICED THAT MY TINNITUS

seemed to have cranked up again. I had taken to using little tricks to keep it at bay - placing my smartphone beneath my pillow at night to play white-noise apps, or sleeping with a fan running - anything to drown out the ringing. But in quiet moments it felt more pervasive, and if I popped in earplugs, it was disturbingly distracting. Now and then - especially if I was anxious or depressed - the ringing would increase, and behind it I'd hear that voice from way back: *Your ears... they're getting worse...*

I recalled my first go-round with tinnitus, and how the more I learnt about it - the more I faced it - the less it troubled me. And I realised that it was time to stare it down again.

So I went to a specialist for testing. During the exam, audiologist Theresa Shaw filled my headphones with beeps, high-frequency squeals and even hisses. The verdict? "Your hearing is actually quite good," said Dr Shaw. Whether or not my tinnitus had gotten worse was more difficult to tell, but she said that was beside the point.

"Whether the sound you are hearing is measurable in an objective way is essentially irrelevant in terms of treatment," said Dr Shaw. "Your body is experiencing it. Your body and your mind. There is a link between tinnitus and the limbic system, hooking us into that fight-or-flight response. And then it's the chicken or the egg: the tinnitus may exacerbate the fight-or-flight response, the fight-or-flight response creates more of a focus on tinnitus, and so on."

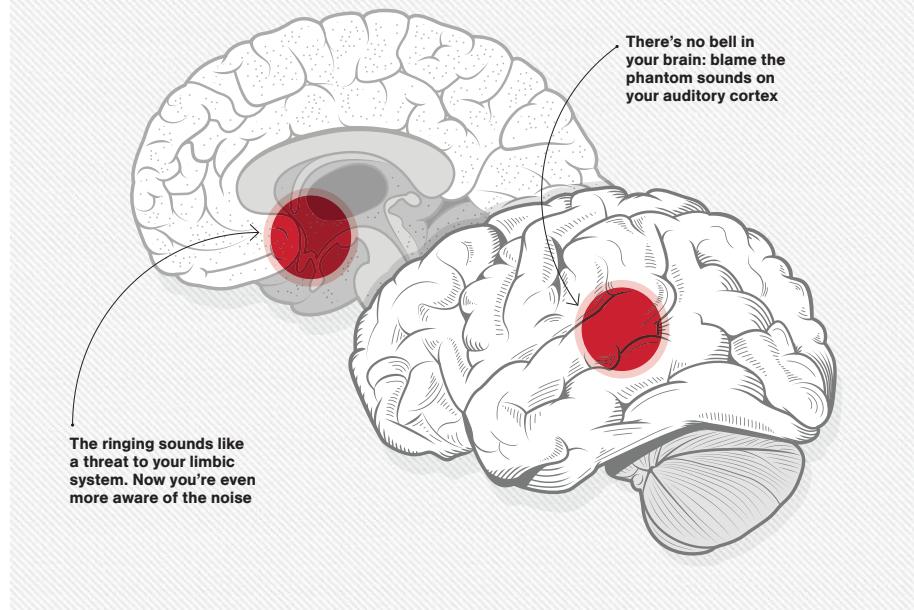
There is no universal endorsement of any one best way to disrupt the cycle. Some people find relief through interventions like hearing aids or sound generators. A few others require something more drastic, like cochlear implants that provide electrical stimulation to the auditory nerves. Some experience relief using alternative treatments like *ginkgo biloba* or acupuncture. But most experts agree that tinnitus should be treated using a three-pronged approach: audiological, neurological and psychological.

Audiological treatment includes assessing and treating any hearing loss. The neurological component involves the use of sound to either distract from the tinnitus or retrain the brain into perceiving the tinnitus as diminished. The psychological component focuses not on eliminating the tinnitus but on reducing the reaction to it, as well as not compulsively focusing on it.

"When a patient tells me, 'I still have tinnitus; I just don't care about it anymore,' that's a victory," says Shaw.

ANATOMY OF AN AURAL FIXATION

MAPPING THE CAUSE AND EFFECT OF TINNITUS



A

A WEEK LATER, I ATTENDED

a two-day yoga and meditation retreat with my wife. While she has been studying, practicing and teaching yoga for years, I wouldn't know a downward dog from

an upward squirrel. My morning meditation routine consists of tapping my foot impatiently as the coffee beans grind.

The retreat began with an introductory lecture from a yogi, and then we closed our eyes as he led us into our first meditation.

"We must find ourselves before we can fix ourselves," the yogi said. I rolled my closed eyes but resolved to give it a try. The room was silent. Too silent, because with no background noise, my tinnitus took over, whining its way into my consciousness, crowding everything else out. I tried to ignore it and - assuming meditation requires soft, beautiful things - conjured up the image of a flower.

The tinnitus laser beam incinerated it.

The yogi spoke, softly. "Whatever enters your consciousness can be the focus."

Whatever that means, I thought. The tinnitus came zinging back, like a stainless-steel bee.

The yogi spoke again: "Meditation is not about blocking every distraction but rather choosing one distraction and examining it."

And right then I stopped my snarky inner monologue. Rather than trying to ignore the tinnitus, or push it away, or distract myself, I homed right in on it. Tried to hear every note of it. Tried to imagine what it would look like on an oscilloscope. Gave it my deepest attention, as if it were the most beautiful song ever played.

And something weird happened: the tinnitus faded, like someone turned down the volume. Right down.

MY WIFE AND THE YOGI MAY HAVE LED ME TO

the future of tinnitus treatment. In a Duke University study, patients who were extremely handicapped by their tinnitus reported relief after adding therapies like meditation to standard treatments. And a 2015 UC San Francisco pilot study found that patients experienced a clinically significant decrease in the perceived annoyance and perception of tinnitus after attending a mindfulness-based meditation programme. They had focused on their tinnitus with "curiosity" rather than trying to banish it.

None of these researchers are claiming cure, though I wish they were. I'd love to drift off to sleep to the sound of silence rather than the sound of whatever's playing under my pillow. I'd love to kill the chainsaw and hear nothing but... nothing. No, my tinnitus (I'm a *TIN-it-us* guy, by the way) is here to stay. But the more I meditate on it - as opposed to obsessing - the more I hear the ringing for just what it is: the perfect shrieking path to inner peace.



THE NOISE OF SUMMER

Before you fire up any gas-powered garden equipment, don hearing protectors with an NRR (noise reduction rating) of 20 decibels or higher that sit flush around your ears. And no cap underneath! The extra material can compromise the seal.

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1

CERTAIN JOBS

come with a clear element of danger. Skyscraper window washer. Snake

handler. North Korean dictator. With these gigs, you know what you're signing up for. Not so with the average office job. While you probably think you're safe from anything worse than a paper cut or a bruised ego, hidden health threats are lurking by the photocopier, hanging from the ceiling and crawling around the vending machine. If only someone would make a list to help you spot them all. Hmm... Okay, here it is, along with stay-well wisdom you won't find in any induction workshop.

The Open-Office Plan

You've heard the hype about open-office layouts. They foster collaboration! You'll be more productive! Maybe, but they also turn your workplace into a petri dish. In a Danish study, employees in these setups took 62% more sick leave than those who sat in individual spaces. Of course, no walls means virus-laden sneezes and coughs travel more easily, but it also means you're constantly exposed to noise. This, combined with a lack of autonomy in the workplace, may be why people who toil away in open offices call in sick more, the study authors say.

TUNE OUT YOUR COLLEAGUES

Researchers in Sweden have discovered that people are better able to recover from stress when they listen to recordings of nature sounds rather than normal ambient noises. Playing sounds like birds chirping at low levels, they explain, may be more effective because they're more familiar to you. Noises that are undecipherable, however, are tougher to tune out and can induce more stress.

The Desk Chair

Warning: dead man sitting. Every hour you spend glued to your seat at work increases your risk of developing deep vein thrombosis by 10%, say New Zealand scientists. And that risk rises exponentially if you don't move at noon: people who sit for prolonged periods and consistently chow down lunch at their desk are twice as likely to form blood clots in their veins as those who eat elsewhere, the researchers say.

2

UNSEAT YOURSELF

It's easy to click "dismiss" on a reminder on your computer to stand every half hour, so you need to get creative. Hide your brown-bag lunch in your office mailbox. (Read on for why it shouldn't be in the fridge.) When you get hungry enough, you'll have to stand up and hunt down your grub. And when you *are* sitting, do calf exercises to boost blood-flow to your legs, suggests M. Hassan Murad, a professor of medicine at Mayo Clinic. Alternate lifting your heels and toes a few times an hour.

The Company Kitchen

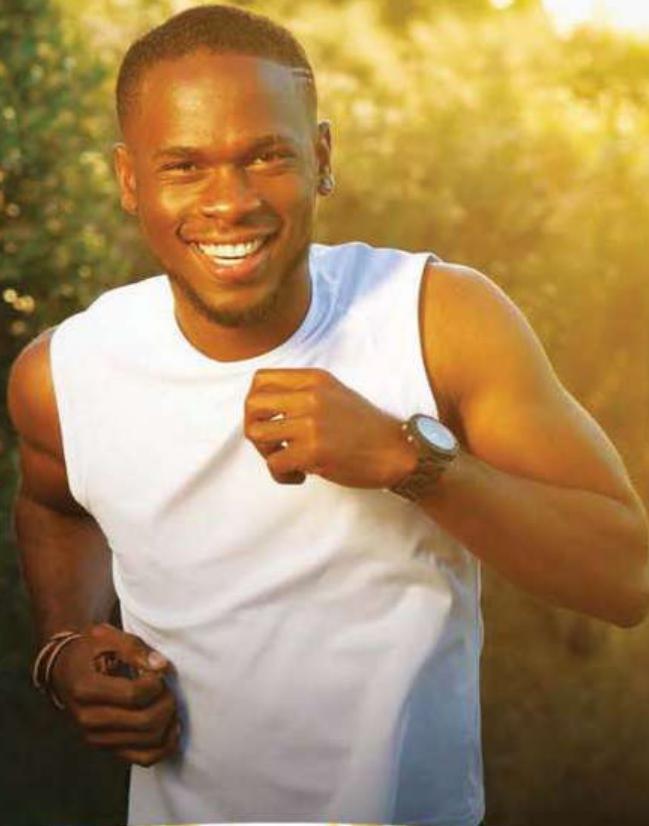
Along with your midday meal, a helping of microbes may be on the menu too. Three of the germiest office spots are microwaves, refrigerators and the handles of break-room taps, according to a Kimberly-Clark Professional report.

EMBRACE A LITTLE OCD You're probably not going to disinfect the fridge or microwave after each use, so at least wash your hands before and after. Or just avoid putting your food inside them.



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I HAVE WHAT? — GEOGRAPHIC TONGUE

Even though you bite it and burn it, your tongue usually doesn't give you any lip. So you might be a little freaked out to look in the mirror and see red patches with raised white borders. Easy does it: you probably just have benign migratory glossitis, a.k.a. geographic tongue, a non-life-threatening condition that "gives your tongue the appearance of a map," says Eric Stoopler, an associate professor of oral medicine at the

University of Pennsylvania. Why the atlas in your oral cavity? No one's sure, though it has been associated with psoriasis and stress. Maintain good oral hygiene, and the patches should vanish in a week or two, although they may recur, says Dr. Stoopler. If you experience any swelling, itching or stinging, say "aah" for your dentist, who can prescribe topical meds to relieve the symptoms.
— MELISSA ROMERO

► **GROW A PAIR** So maybe you can't ask your boss to take it easy on the aftershave. What you *can* do is clear the air by bringing in a couple of potted plants and placing them on your desk and around the printers and copiers. According to a Penn State study, spider plants (often called hen-and-chicks) and snake plants have been shown to be effective at reducing indoor ozone concentrations.



Fluorescent Lighting

Some office health threats are especially glaring - like those overhead fluorescent light fixtures. A recent Australian study review concluded that people who work under fluorescent bulbs have a higher risk of developing eye problems, including cataracts and macular degeneration. That's because these bulbs beam out UV-A, UV-B and UV-C radiation, which can be dangerous when it constantly bombards your eyes.

► **DON'T LET BULBS SCREW WITH YOU** Flip off the fluorescents and raise the blinds. This indirect natural light - as opposed to blinding, in-your-face sunshine - can be easy on your eyes and has bonus benefits: doses of daylight can help you feel healthier and log more shuteye at night, say Northwestern University researchers. No window? Use a lamp with a warm white LED bulb; research from Stony Brook University suggests that they emit little to no UV radiation. Try the Philips 60W Softone (philips.co.za).

4

The Tenure

Geesh, look what the Man (or Woman) has done to you: you used to walk erect like a human being, but years of being chained to your desk have left you hunched like a seated Neanderthal. When your shoulders slump, your self-esteem does too: a 2014 study in *Health Psychology* found poor posture can subconsciously sap confidence.

► GIVE PALMS TO POOR POSTURE

While sitting or standing, place your palms so they face the side of your thighs. This simple tweak opens up your chest and rolls back your shoulders, which is the proper form for good posture, says physical therapist Susy Russell.

5

The HVAC System

Most buildings are designed to keep the outside air out and the inside air in. While this saves your company on electricity bills, it could cause health problems for you. That endlessly recycled air is likely contaminated with volatile organic compounds, toxic particles emitted from printers and copiers, cleaning solutions, and even your colleague's cologne, says Peter Dooley, an industrial hygienist. And because these particles are usually ultrafine, they tend to lodge more easily in your lungs, potentially causing headaches, dizziness, respiratory illnesses or even heart disease.

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- Improves performance in sports and/or other recreational activities⁴
- Enhances hair strength and appearance⁴
- Contributes to the maintenance of skin elasticity & hydration⁵

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DUANE VERMEULEN AND THE HARD MEN OF RUGBY

No-one will have a bigger say who lifts the Rugby World Cup than the leading teams' supremely athletic loose forwards. We unlock the secrets of three of the best, starting with South African Number 8 Duane Vermeulen.

BY MARK VAN DIJK
PHOTOGRAPHS GARRETH BARCLAY





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... THE HARD MEN OF RUGBY

SOUTH AFRICA / VERMEULEN





BACK IN THE DAY, WINNING RUGBY WAS

based on a fairly simple combination: big forwards, fast backs. Up front you'd have the brawn: massive okes who'd walk from scrum to scrum. At the back you'd have the pace: fleet-footed wingers who'd outsprint the opposition's desperate tackles. Today, it's a different ball game.

In 2015, world-class rugby is defined by conditioned athletes who combine strength and speed, power and pace. Games - and World Cups - are won and lost by the men in the middle: the loose forwards. Among the Springboks, there's no better example among them than 2014 Super Rugby Player of the Year, Duane Vermeulen.

"You have to be the complete athlete," he says when we ask him about the demands of the modern game. "You have to be able to do everything. A forward has to run at the same speed as the backs, and the backs have to stop a hell of a lot of momentum."

You can't be only big or only fast. You have to be both, and you need a physique to match. Fitness is functional, and their training - like your hours in the gym - must be designed to achieve that. Vermeulen and his back-row contemporaries - guys like Siya Kolisi, Francois Louw or Warren Whiteley - understand that while elite rugby has always been about physicality, the modern game now comes with a whole new level of demands.

"As a loose forward, you're the link between the forwards and the backs," Vermeulen says. "So you do everything they do: you battle with the forwards, run with the backs, you steal, you jump in the lineouts... There's very little we don't do. That suits me. My natural game is: I want that

ball. And as a loose forward, I see a lot of it."

Vermeulen points to his Cheetahs counterpart Heinrich Brüssow to illustrate the point: "Heinrich is 1.7 metres tall, so he's not the biggest guy - but he makes a massive impact."

THE HIGH STANDARDS, NARROW MARGINS AND INTENSE DEMANDS

of top-level rugby have forced the game's elite players and coaches to rethink their approach to training. Consider Vermeulen's schedule this year. The Super Rugby season started in mid-February, and ran for 18 rounds into June's play-offs. Then July brought a (mercifully shortened) Rugby Championship, followed by the start of the Currie Cup season in August. Now in September and October, there's the small matter of the Rugby World Cup to take care of. From one month to another, players like Vermeulen have to switch from international franchise rugby to Test match rugby to domestic rugby to World Cup rugby.

"It's weird," Vermeulen laughs. "Last week you were with your Super Rugby franchise, and next week you're with the Springboks, so you've got to play alongside the guy you played against last week. Sometimes that's not great, but everything is so professional, and everyone just moves into that next position. You just have to make the switch."

Adapting to the changing roster of teammates is difficult enough (one week you're cleaning a guy out in the scrum; next week you're relying on him to win the ball for you). Now factor in the adjustment of training for a domestic match against, say, the EP Kings, to suddenly training for a Test match against the All Blacks, and you have some idea of what it's like to be a professional athlete.

"People think that international rugby looks slower than Super Rugby," Vermeulen says. "It's not. Test match rugby is a hell of a lot faster than franchise rugby - and you have to train for that. Everything is at a higher intensity. There's no margin for error."

◀
IMPACT PLAYER
Duane Vermeulen's
fitness plan combines
strength and speed.

► **GAME OF INCHES**
"There's a lot you can do to become 1% better in everything you take on."

The packed rugby calendar means that the players have precious little breathing room in-between, and virtually no room for conditioning. "We have training sessions in the gym three times a week," says Vermeulen. "But it's very specific, based on your playing position. During the season, I don't do a lot of heavy gym work: it's just maintenance, and keeping your bodyweight at the level where you perform the best."

While many of his teammates go heavy in the gym, Vermeulen doesn't because his body has a natural tendency to build muscle quickly. For Joe Bodybuilder, that's great. For a pro athlete, who needs functional fitness, it means changing your approach to training.

"I tend to put on a lot of kilograms in muscle if I gym a lot," he says. "So if I hit the gym too hard, I become too heavy... and if you're big and heavy, you become slow."

ELITE RUGBY IS – TO STEAL A LINE

from another sport – a game of inches. Games are won and lost on the narrowest of margins. Recent Rugby World Cup Finals prove the point. In 2011, France were a missed penalty away from beating New Zealand. In 2007, England came within a disallowed try of beating South Africa. In 2003, Australia came within 26 seconds of an extra-time draw and an unprecedented penalty kick-out against England. Instead, it was New Zealand, South Africa and England who lifted the trophy.

For every player at this month's World Cup, there's the finest of lines between winning and losing. Vermeulen, who only recently recovered from neck surgery, knows that his own 2015 World Cup campaign is on the narrowest of knife-edges. "But there's a lot you can do to become that 1% better in everything you take on," he says.

"Start at the beginning, with how you breathe: some guys breathe through their mouth, and not their nose. If you close your mouth for just five minutes, and breathe through your nose, you're going to feel the effect, because it's going to become difficult for you to breathe. So breathe in slowly, for two or three seconds, then breathe out slowly,

again for two or three seconds. It'll slow everything down, but it will also expand your lungs, and help your body generate more red blood cells. So there's 1% extra."

Even something as basic as a good night's rest can make all the difference. On big-match weekends (and the World Cup will produce plenty of those) Vermeulen prepares by getting an extra hour's shuteye. "When you're on tour with your franchise, the guys will sometimes get together during the week and have a good time," he says. "But on an international weekend, when you're playing Australia or the All Blacks, there's no joking and no going out. In a week like that you might go to bed an hour earlier every night. That extra hour's sleep makes a huge difference the next day – and after a week of hitting the sack an hour earlier, you've accumulated seven extra hours. That's almost a whole extra night's sleep. It's massive for your recovery."

"Recovery" has been a big word in the Springbok dictionary, going into the World Cup. A handful of key players – including Vermeulen, Kolisi and Springbok captain Jean de Villiers – have undergone surgery in the past year, with Vermeulen especially worrying about his match fitness.

Modern rugby places massive demands on the body – and those demands mean, inevitably, that the body is going to break. In some cases, it's a natural result of the constant beating the game's top players have to take, week in, week out. Take Vermeulen's neck injury: it was triggered by a crunching tackle in a Super Rugby game against the Bulls in April, and then flared up again more than a month later during the captain's run ahead of a game against the Lions. Before he knew it, Vermeulen was in surgery, with his World Cup hopes in the balance.

In some cases, though, picking up an injury is just down to plain bad luck. And like any active guy, Vermeulen has learned to take things as they come.

"Rugby is a contact sport," he shrugs. "So you can't really prepare for the worst-case scenario all the time. I've seen guys in the best physical shape of their lives go and tear a hamstring. Or they'll break a leg at a point where you wouldn't expect that to happen. It's weird. It's stupid. Look at Pierre Spies: he's a great example of a fit player, but then he tears a bicep, which puts him out for the whole season. You can't prepare your body for injuries. You can't put a percentage on things. You've got to give it everything you have. That's all you can do."

Three months later, Vermeulen was named in the Springbok's Rugby World Cup squad. Heinrich Brüssow, the guy whose praises Vermeulen was singing at the start of our conversation, didn't make the cut. At this level, those are the margins between success and failure.

VERMEULEN'S WINNING MOVES

During the season, Duane Vermeulen's gym work is mostly made up of maintenance work, with the seriously heavy lifting done in pre-season. Get yourself up to Springbok level with these four moves, and then try for the bonus point

Bulgarian Split Squat

Holding a dumbbell in each hand, stand facing away from a bench with one leg resting on it, laces down. Squat down with your standing leg until the knee of your trailing leg almost touches the floor. Push up through your front foot to return.

Alternate Dumbbell Press

Standing holding a dumbbell in each hand at shoulder-height, palms facing forward. One at a time, raise each arm to push the weight up until it is fully extended. Lower to the start position and repeat. Keep your core tensed throughout.

Leg Press

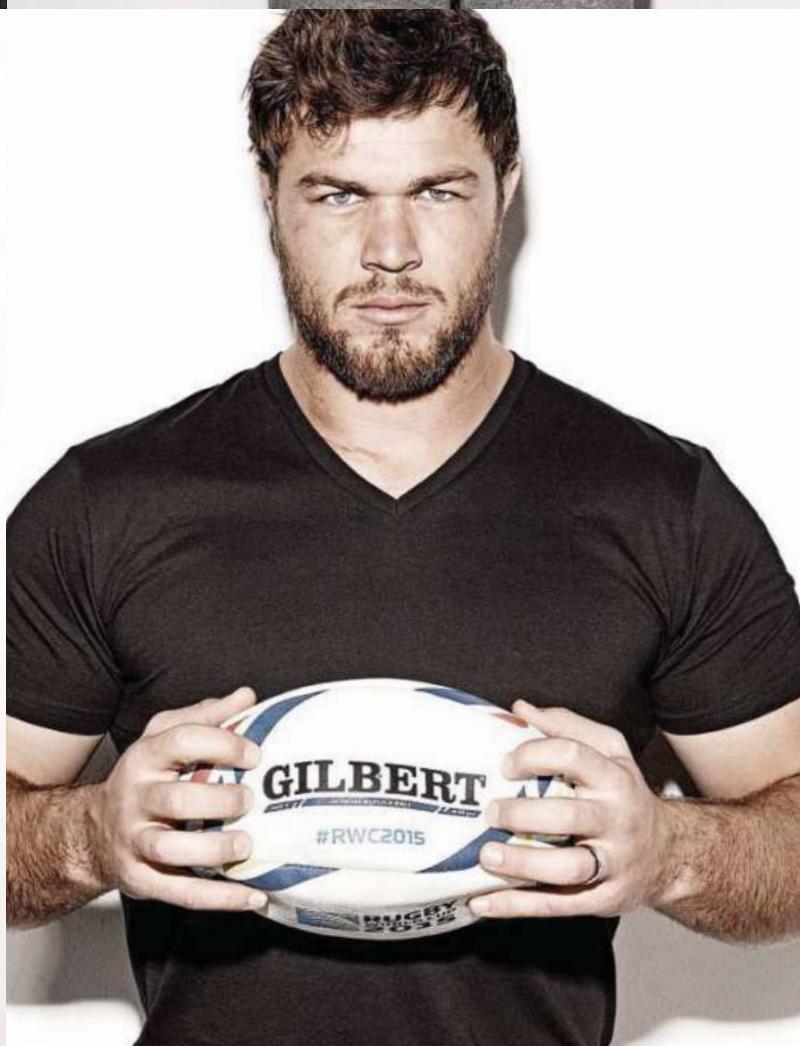
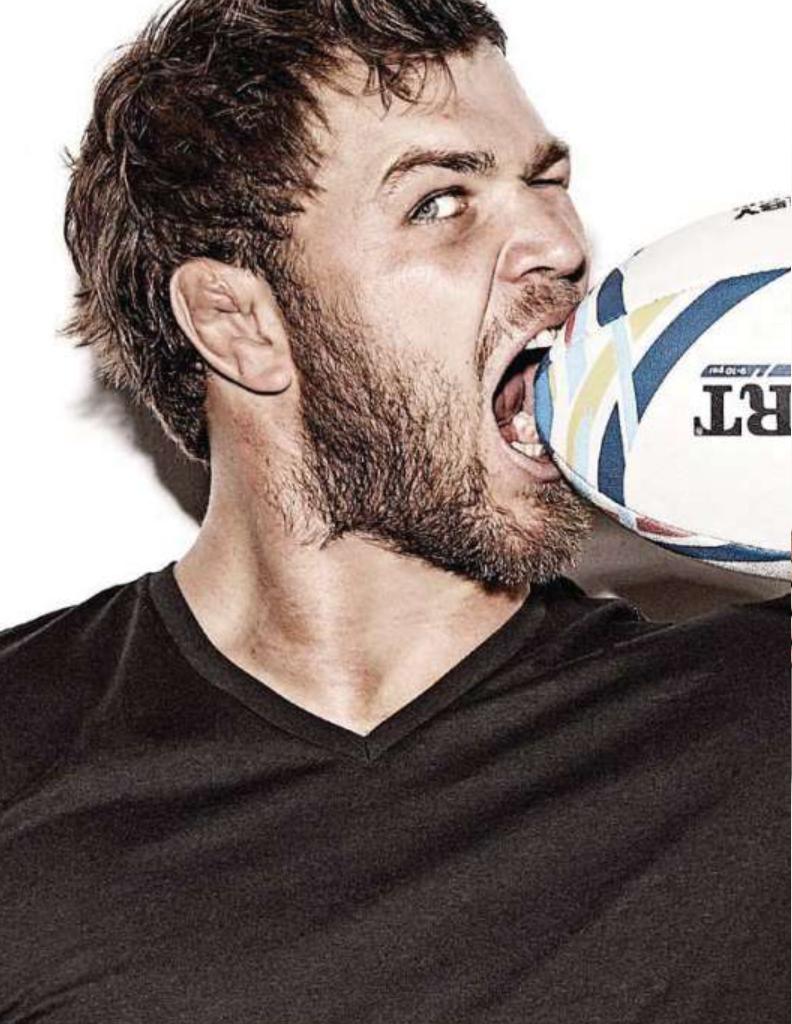
In the leg press machine, position your feet shoulder-width apart on the platform and raise until your legs are outstretched without locking your knees. Slowly lower the platform until your knees are at 90 degrees to the floor, then push back to the start position.

Spider Crawl

From a push-up position, raise one foot off the floor and bring your knee up towards your elbow. Pause, then return to the starting position and repeat on the other side. "I usually go 20 metres both ways, with a 20kg weight on my back," says Vermeulen.

The Water Carrier

Here's a move from Vermeulen's Super Rugby preseason regimen. "Fill a stability ball with water, and then carry it 20 metres," he says. "It sounds simple, but a lot of the guys struggle. Remember, the water in the ball sloshes around, so you have to stabilise your core."



LEADER OF THE PACK

England loose forward James Haskell blends rugby-specific moves with CrossFit functionality and Olympic lifts to built a winning physique.

BY DAVID MORTONS PHOTOGRAPHS PHIL HAYNES



WORKOUT 1

Add Strength Where It Counts

That is, everywhere. "We don't isolate body parts," says Haskell. "Rugby isn't about how much you bench." Do this full-body workout twice a week for a month to gain visible, athletic muscle.

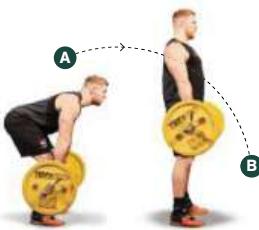


1. Back Squat

4-5 sets of 2-5 reps

Rest a barbell on your shoulders (A). Bend your knees and hips to squat (B) then push through your heels and back up. Go as low as possible.

SUPERSET



2.1 Romanian Deadlift

4-5 sets of 6-8 reps

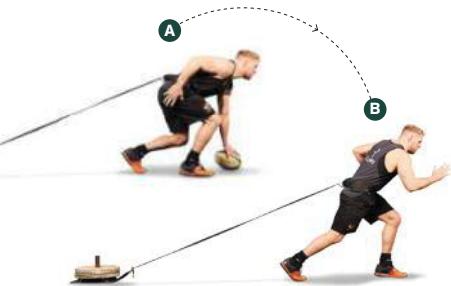
Bend to grab the bar with a wide grip, legs as straight as possible (A). Push your hips forward to stand, shoulders back (B). Rest 60sec, then go straight back to the squats.



2.2 Prowler Push

3-4 sets of 10-15m

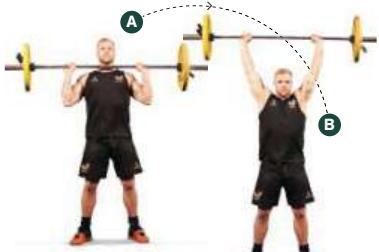
Load a sled and hold with arms straight, back flat and your head up (A). Drive with your legs, in short steps (B). Go 15m, then turn and come back.



3. Sled Drag

3-4 sets of 20m

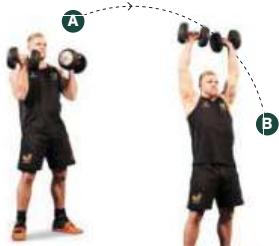
This move simulates powering through tackles. Strap on the harness and get in a sprinting stance, knees bent and torso low (A). Charge forward, staying low all the way out for 20m (B). Rest for 20sec and go again. Aim for 4 lengths in total.



4. Military Press

4-5 sets of 2-5 reps

Haskell uses these to injury-proof his shoulders. Begin with a bar across your collarbone, palms forward, knees slightly bent (A). Push up to extend the bar above your head as you exhale (B). Breathe in as you lower the bar to your collarbone.



5. Curl to Press

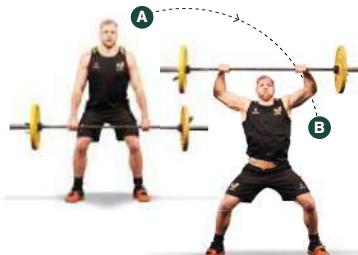
4-5 sets of 6-8 reps

Finish with a bicep-builder – for gripping the ball, not just aesthetics. With elbows tucked, curl the dumbbells, twisting so your palms face in (A). Push them straight overhead (B), turning again to end with palms out. Reverse, breathe, repeat.

WORKOUT 2

Deploy Power When It Matters

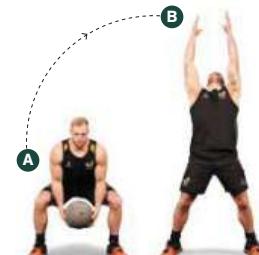
This next session focuses on power endurance." Perform it twice a week, alternating with workout #1. And for a cardio challenge, Haskell suggests you perform each of these moves all-out for 20sec, then rest 15sec while you get ready for the next exercise. After each complete circuit, take a 90sec breather. Then go again. Aim for 5 circuits in total. Let us know how you get on.



1. Hang Snatch

4-5 sets of 2-4 reps

With a barbell in a wide overhand grip, bend your knees and hips until it touches your thighs, keeping your arms straight (A). Now jump, extending your body and shrugging to pull the weight up overhead (B). Dip, extend your arms and stand.



4. Med Ball Throw

3 sets of 4 reps

An MMA-inspired move for functional power: grab a medicine ball and squat (A). The lower you go the more elastic energy you'll have. Spring up to hurl the ball above you (B). Let it bounce, grab it and go again. Do not try to catch it.



2. Tyre Flip

4 sets of 4 reps

It's not hard to see how this strongman favourite translates to the rugby field. Squat to grip the base of the tyre, back straight and head up (A). Drive up with your legs, shifting your hands as shown (B). Push hard to complete the flip.



5. Rope Slam

3 sets of 10 reps

Loop a battle rope around something heavy and hold the ends. Bend your hips and knees to dip slightly (A), then start flinging your arms up, whipping them down to slam the ropes into the ground (B). This one builds pro endurance.



3. Tyre Hammer

3 sets of 10 reps

Pick up a sledgehammer with both hands. Swing it up and, as it reaches its zenith (A), shift your top hand to the bottom to bring it onto the tyre with as much might as possible (B).



6. Med Ball Ninja

3 sets of 10 reps

Start on the floor, knees bent, with a med ball in both hands. Now turn your upper body to touch the ball down on one side, and reverse to touch it down on the other (A). Immediately jump up and press the ball above your head (B). Drop; repeat.

HASKELL SAYS:

"The hardest players to tackle aren't the largest but the most explosive"

WITH FIVE STITCHES NEAR HIS LEFT
eye and his blond mane swept back, Michael Hooper could pass as a Norse warrior. And in a sense, he's just returned from battle, though hardly a victorious one. The needlework is a memento of a disastrous (for Australia) Bledisloe Cup decider, played not 48 hours earlier in Auckland. A dazed Hooper had been hauled off in the first half, then sent back out once cleared of concussion. He remembers being winded, "something happening" when he was sprawled on the ground, but not how his face was opened up like an overripe peach. Anyway, he reassures, physically he's come up fine from that untimely pre-World Cup hammering. And emotionally? "Shit!" he shoots back. "Horrendous."

Fortunately for Hooper, he's developed his own way of bouncing back. "I take my mind off it," he says. "It's great to have family and friends around, and to talk about anything else." Then comes the official play-by-play review in which every blunder is picked over. And after that? "You get on with it," says Hooper. "That's what you do."

Hooper's getting on with things now at this *Men's Health* shoot, repeatedly throwing his bruised body into space before ... thud, thud, thud... landing chest-first on a strategically positioned crash mat. It can't be anyone's idea of a recov-

ery session, but Hooper is unfazed. "No worries," he says. "I'd just be sitting at home otherwise."

Hooper is a likeable, laidback lad - except when he pulls on the No.7 jersey. "An extraordinary combination of the greyhound and the wolf," sums up former Wallaby forward Peter FitzSimons, zeroing in on Hooper's signature mix of foot speed (he was a junior beachsprinting champion) and rip-in, cop-that style.

Hooper raves about Wallaby teammate David Pocock's intimidating work in the gym. But when he slips off his T-shirt for a mid-shoot change of outfit, he reveals a thickly muscled torso purpose-built for collision. It's a frame he uses to stunning effect. True, players in Hooper's position are supposed to be all-rounders, with conspicuous agility, strength, fitness and aggression. These qualities are vital, as they ensure sufficient possession at the breakdown to pile on points. But even within this framework, the 23-year-old is a superb athlete with more than a hint of indestructibility, having played 46 Tests (and counting) since his debut back in mid-2012.

Former Wallabies captain John Eales says Hooper "may be the most complete footballer the Wallabies have ever had". Eales sees similarities between Hooper and the ubiquitous No.7 of Eales's time, George Smith. "I think history will record George Smith as an all-time Wallaby great, and Michael Hooper is heading the same way."

FOCUS YOUR FEROCITY

Hooper's a living lesson in, step one, recognising what it is that excites you, and step two, pursuing it without distraction. "I've never had another job," he says. Not even flipping burgers or



HOOPER MAN

Australia's Michael Hooper shows you how talent plus resolve can add up to an irresistible force

BY DANIEL WILLIAMS PHOTOGRAPHS JASON IERACE

HOOPER SAYS:

"You just can't fear failure. If you can avoid fearing that, you're sweet"

delivering pamphlets. "I've copped some stick about that, but..." Exactly. He's done all right.

Reflecting on his time in the juniors, he reckons there were plenty of other kids with a gift for rugby at least equal to his own. But they were also lacking in something. Desire.

"My brother's a good example. He was a really talented player. He had an opportunity, but he never really ran with it." These days, older brother Richard is fulfilled and regret-free in the IT sphere - and a fine club player. "I look at him," says Hooper, "and think you've just got to find that thing that works for you and run with it."

While rugby has never felt like work to Hooper, it's no picnic either. He's a nervous wreck on match days, particularly on arrival at the ground and just before kickoff. He copes by forcing himself to feel jovial and kidding around with teammates. "Some guys hate it because you're laughing before a game, but it works for me."

His stomach churns because he expects a lot of himself. But there's a difference, he says, between wanting to excel and dreading disaster. "You just can't fear failure," he says, because it will cloud your judgment, stifle your talent and inhibit your play. "If you can avoid fearing that, you're sweet."

You also need to be clear about what success looks like; its face changes from challenge to challenge. "There are going to be times when you may not do things that are exceptional," says Hooper, "but what you can aim for is to do your role really well every time." Stick to basics, in other words, when the brilliance is on leave. "If you do that, you're really helping your team, and if most guys do that, you're probably going to win."

Come fulltime, Hooper knows in himself how he's per-

▼
EYE ON THE BALL
Hooper's game plan
relies on knowing what
success looks like.

formed. And his coaches will give him their take. But in some ways it's the verdict of his dad that means the most. English immigrant David Hooper played rugby, too, with palpable toughness if not bewitching skill.

"He's watched me play every game I think I've ever played," says Hooper. "I can count on him to give me an assessment of my game whether it's good or bad or terrible, and that's okay because I don't ever want him to sugar-coat things."

RUN FOR POWER

On preparation, Hooper dislikes weights but does what he must to thrive. When he finds the time for extra training, it's road running. "I feel like getting kilometres in the legs is good for me," he says, "especially when you've had some time off and you have a few beers." His runs aren't marathons. He just dons a hoodie and headphones, and clears his mind.

He's still a pup - he turns 24 two days before the World Cup Final - yet the Wallabies appointed him captain last year when injury sidelined the more seasoned Stephen Moore. FitzSimons reckons this was premature, that no 22-year-old has the requisite experience or gravitas to lead a national team, especially one that's no stranger to public incidents and internal ructions.

Hooper says all he knows for sure is that he relished the role. "I'm still growing as a person. There's a lot more I can learn and hopefully that will help if I ever get the honour again." The word is he will. That it's a matter of time.

But to the task at hand. Despite the hiding in Auckland, the Wallabies are on a World Cup mission, Hooper affirms. "We're going there to win the thing."

INJURY-PROOF YOUR BODY

Use this plan from Brumbies rehab coach Ben Serpell to strengthen your hamstrings and protect your knees from injury.

Run with a Skip Rope

"This drill forces rake-back of the feet, which really stresses the hamstrings," says Serpell. Keep your stride short and pull your heels to your bum. Do three 20m shuttles with a walk-back between each.

Romanian Deadlift

Stand in front of a barbell with feet shoulder-width apart. With a slight bend in your knees, lean forward and grab the barbell. Keeping back and arms straight, use your hips to lift the bar. "This move works the eccentric loading phase," says Serpell. Do four sets of six reps.

Back Squat

Stand with feet shoulder-width apart, a barbell across your upper back. Push your hips back and lower yourself until your thighs are parallel to the floor, then drive back up to the start position. "It's not all about your hamstrings," says Serpell. "You need to hit your glutes as well." Do four sets of six reps.

Sprint

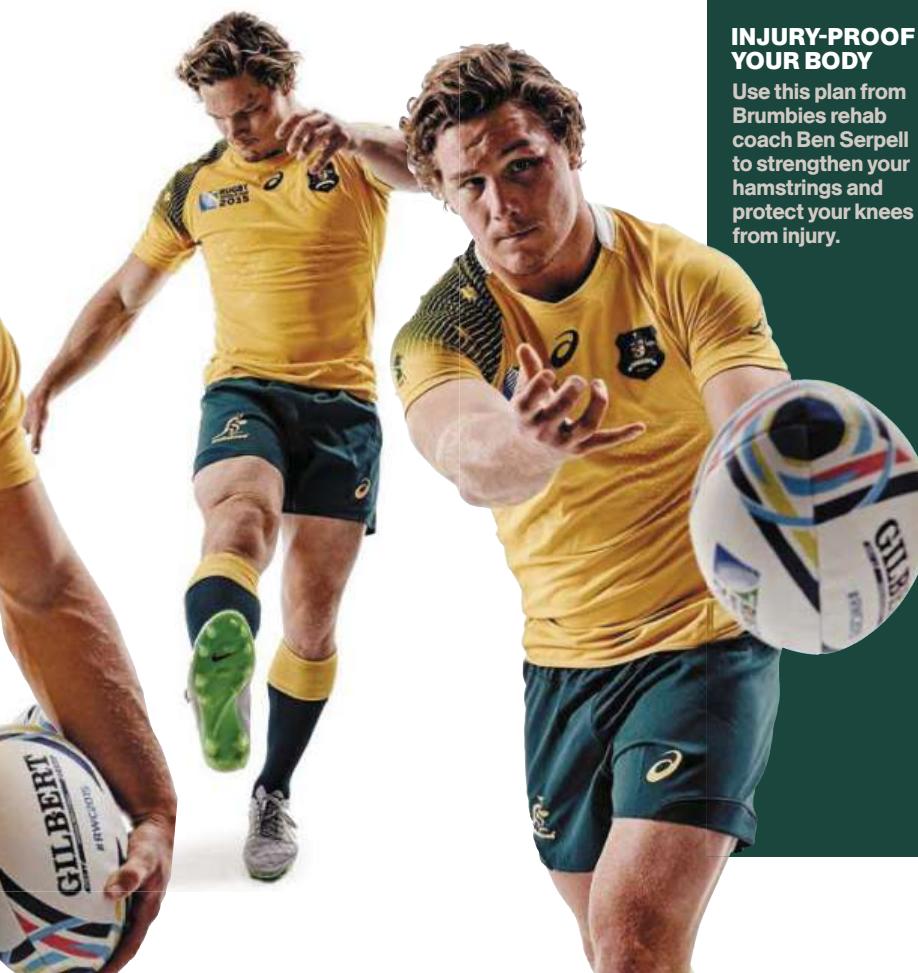
"It's not until you run at 90 percent effort that your hamstrings become super active." Do eight 40-60m sprints: two at 70%, two at 80%, two at 90%, and two full-tilt. Have a slow walk-back between each. "The focus is on technique—not exhausting yourself."

Hip Thrust

Rest your shoulders on a bench with feet flat on the floor and knees bent at 90-degrees. With a weighted barbell resting across your hips, lower your bum until it almost touches the floor, then drive back up to the start position. Do four sets of six reps.

Walking Lunge

Holding a dumbbell in each hand, stride forward with your left leg, then lower your body until your thigh is parallel to the floor. Pull your right leg through to return to the starting position, then repeat on the other leg. Do four sets of eight reps.





BURN THE SHIPS

THREE LEADING MEN NEEDED TO GET INTO THE BEST SHAPE OF THEIR LIVES TO EARN THEIR PLACE ON *BLACK SAILS*.
THEIR SALVATION: AN EIGHT-WEEK TRAINING CAMP OF LIFE-CHANGING WORKOUTS

By Arthur Jones Photographs Sean Laurenz P.102



2 000 METRES.
2 187 YARDS.
6 562 FEET.

You can count it any way you want, and even though those numbers seem impressive, nothing adequately conveys the psychological and physical torment of a 2 000-metre row.

The sleek rowing machines look unassuming; they don't command the respect that sturdy, stacked barbells do, and for the first four hundred metres, it'll probably feel easy. That's short-lived, and as with most ignorance, you pay heavily for your assumptions. When actors Toby Stephens, Luke Arnold and Tom Hopper arrived at Roark Gyms at the start of their boot camp, they were introduced to the 2km row by strength and conditioning coach and gym owner James White. In that first session, Stephens said he was close to a heart attack. Arnold considered faking an injury and giving up acting for good. Hopper came close to fainting. The row

left them with no oxygen, in a state of serious panic and questioning what kind of men they are. They suffered, and went to pretty dark places in their psyche. But that may be the biggest part of White's successful fitness formula, as all three men lost more fat and built more muscle in eight weeks than is considered scientifically possible, and without any illegal supplements, steroids or shortcuts. It was a baptism of sweat, a trial of hard-fought measurements that challenged - and changed - the three men, physically and mentally. Best of all, this formula isn't reserved for movie stars. It can work for any man, as long as you're willing to suffer.



JAMES WHITE DOESN'T LOOK PARTICULARLY EVIL.

He doesn't have a cruel sneer, a scar across his eye or a dictator's moustache. He doesn't have a whistle, doesn't shout or scream and there's no flying spit - he speaks quietly, and is always quick to smile or share a joke. He also has a number of fitness certifications and comes from a background of high-level sport, but he also has the common touch, and explains what he wants in simple terms without any buzzwords. When the production company behind *Black Sails* approached White, they asked him to train these men to suit the roles they'd taken on. If by some chance you haven't heard of the show, look for it on DStv's History Channel. It was created and managed by Hollywood heavyweights like Michael Bay, and thanks to its cult-like success, it's now in its fourth season. "The producers gave me the directive that these guys needed to look like pirates who fought each other, lifted cannonballs, pulled sails, climbed ropes and worked hard all day on the deck of the ship," says White. "They needed to become lean and strong, so what I said to them

was that if we focus on the numbers, then the aesthetic results would be guaranteed." It may seem like a simple strategy, but the real magic was in combining that truth with serious effort. The results were phenomenal. "By focusing on the heaviest objects you can pull, push or lift, and by looking at how quickly you could do it, then everything else would be achieved by focusing on improving those numbers."

One of the biggest challenges for White was to understand the work the men did, and to know how hard he could push them. "As actors, they spend most of their time in their own heads. It's a requirement of their work as they're constantly reading scripts and developing characters, and that requires serious mental preparation," says White. "I noticed that sometimes when they came in, you could see that they had spent most of the day in their own minds, working through scripts and acting methods." On those days, White found it difficult to get them out of acting mode so they could give everything in the workout. "However, it was only on a few occasions, and it never affected their performance. I can honestly say that for those eight weeks, every single time they came to the gym they threw themselves on the fire and gave everything they had - no one ever quit," explains White. Through working with Gym Jones in the US (who has done work with numerous actors, including those in *300* and Henry Cavill in *Superman*), White had been warned about actors not wanting to give their all, and that some actors have egos that can cause problems. "I expected that at the start, but thankfully I was really surprised; I couldn't have wished for three more willing, dedicated guys," says White.

Due to the short time frame, White threw all three of them into the deep end. "That was key for me, because by the end of that first hour I knew how these guys were going to adapt mentally," says White. "I used short work intervals to start. I wanted to keep their heart rate high and put them in a situation of panic where they had never been before to see how they'd react." From those results, White knew how to move forward. "Everyone panics if given a tough enough situation, but the reaction you want is for the guy to hang in and finish, regardless of how long it takes - you know you can work with that. But if the guy quits and says he's done, then it's a problem," explains White.

White then set a number of tough challenges, and though they failed at first, it gave them something to work towards. "It's always entertaining to see how nervous grown men can become when faced with a challenge of this nature. Their faces went white, and they went into the changeroom and tried to mentally prepare," says White. "At first Luke and Toby failed, but Tom passed. Toby and Luke managed it the third or fourth time around," says White. "Now they keep asking for more challenges, but I've told them only when the time is right, and when they've earned another shot at it." This is how White creates a culture of respect in the gym. "It includes cleaning up after yourself and putting the weights away, which they do as they aren't *prima donnas*. But it's mainly about respecting yourself enough to do something properly, and that's for every single rep," says White. "If they feel like they have had a bad rep, they'll do it again - which is exactly what you want as a trainer. There aren't many guys who will do that in their training."

After eight weeks of intense training, the transformation was staggering - the production team couldn't believe the results. Stephens lost almost 10% body fat. "This was revelatory for me. I'd done a lot of gym work throughout my life, rugby training at school, and lots of running and general maintenance work - but the kind of intensity that James

"IT WAS A BAPTISM OF SWEAT, A TRIAL OF HARD FOUGHT MEASUREMENTS"



◀ **TOM HOPPER**

Character: Billy Bones

Age: 28

Weight: 100 – 98

Height: 1.96m

Best Improvements:

Achieving '222' – 222 calories in 10 minutes on the Airdyne 6.

HOPPER'S HABITS

1. It's all about recovery. "A proper diet is needed for recovery," says Hopper. "But that's not where it ends: I relied on supplements, vitamins, glutamine and fish oils and did a lot of mobility work and stretching for proper recovery." Hopper also made sure he got plenty of sleep.

2. Mark your calendar.

"Training for a long period can get hard, but you can always break it down into manageable intervals, then reward yourself by putting a cheat day on the calendar and then work towards it," says Hopper.

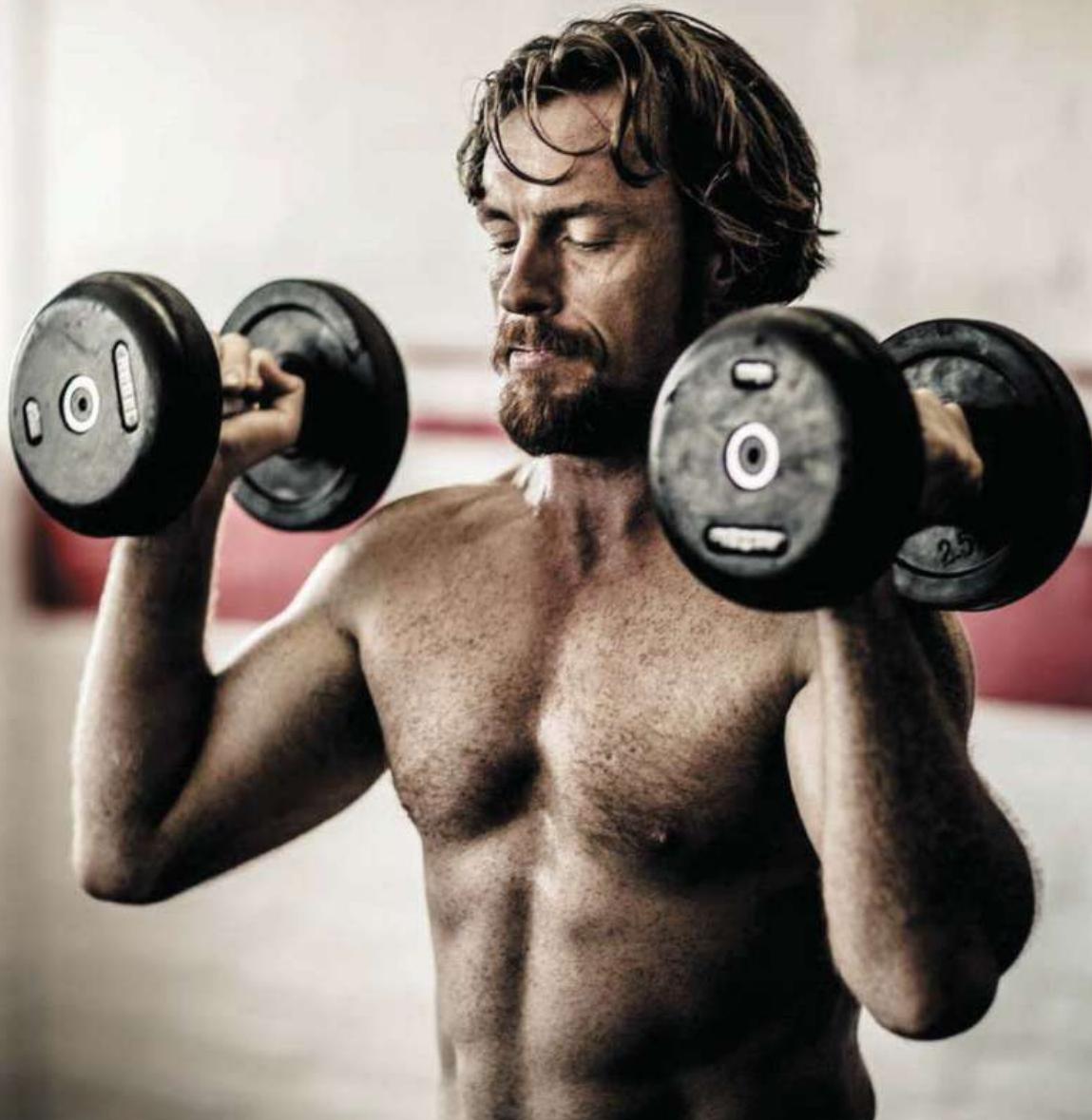


TOBY STEPHENS

Character: Captain Flint
Age: 44
Weight: 88 – 78kg
Height: 1.80m
Best Improvements: 2000m row went from 8:30 to 7:22.

STEPHENS' STRATEGIES

- 1. Stay level in your diet plan.** "At first I found the fasting diet really difficult, especially the first three days, but then I felt my metabolism shift and I got used to it. I've relaxed the rules slightly since then, but I have stuck to the guidelines and it works well," says Stephens.
- 2. Limit the isolated training moves.** "Before training at Roark, I had all these kinds of niggles and injuries that were causing me problems," explains Stephens. "I had muscles out of proportion, and a few strength imbalances, but now this training has corrected all of that and I no longer have any injury issues or niggles."



works at was new to me," explains Stephens. "It's a very minimal, functional way of training and it became about much more than aesthetics, it was about pushing myself further than I felt comfortable, and feeling the euphoria and sense of achievement afterwards." Stephens is the oldest of the three, and he had to work hard to keep up with the two younger men. "My body didn't respond as elastically, so it took longer to recover," he says. "For me to lose the body fat and to add the muscle in that time was asking a lot - but it was amazing the way my body responded." The three men banded together to survive. "That's when it was great to have these younger guys around, as they pushed me hard in these workouts," says Stephens.

Age wasn't the only factor White had to keep in mind. Arnold had never done any kind of real training before, and the creative demands of his job ruled his life. He smoked socially and drank, and worked all through the night on his acting roles. "I can draw a line in my life in the middle, where everything on one side is the time before training with James," says Arnold. "In that first row, I went into a complete panic mode - I was ready to fake an injury or faint, or injure myself on purpose or quit the job I had just signed up for - which is the best opportunity I've ever had." Every night in the first week, he'd wake up in cold sweats and count down the hours on his alarm clock until his next session. "As an actor on stage and TV, I worked late

and ended up drinking late into the morning," says Arnold. "Between writing and acting, that was my lifestyle. I've led a fairly active life, but my mental pursuits and the creative stuff, has always taken a preference over the physical stuff."

Surprisingly, the move away from drinking and smoking was easy for Arnold. "I was a big drinker beforehand, but now feeling as good as I do in the morning has shown me that I don't need to drink anymore," he says. "I'll have a beer every now and then, but I don't crave it at all." The moment that Arnold was chosen for the role, he quit smoking. "It was great to have the reason and motivation to make these kind of changes. I don't envy anyone doing these kind of workouts while still smoking," says Arnold. "What did surprise me though was how much fun it is. Up until now I found the more mental and creative stuff enjoyable. I never thought I would enjoy the gym stuff," explains Arnold. "Now I really love Saturday morning group workouts where there's a real camaraderie and spirit. Before I was scared about the macho, alpha-male kind of atmosphere that I thought most gyms had."



HOPPER FACED A DIFFERENT CHALLENGE, AS HE wasn't a stranger to lifting weights, but with White he learnt how to train more effectively. "In the past, I've been



LUKE ARNOLD

Character: John Silver

Age: 29

Weight: 72 – 70kg

Height: 1.65m

Best Improvements:

Not having front squatted before to achieving a 130kg front squat.

ARNOLD'S PRINCIPLES

1. Stop abusing the snooze button. "In the past, no matter how exciting the jobs I'd be working on, I would still sleep in at least a little. Now, I don't even need an alarm most of the time, and I'm wide awake as soon as my head leaves the pillow."

2. Exercise is like a stress valve. "My life at the moment is probably the most stressful it has ever been, with all the shooting and jobs that I'm doing," explains Arnold. "But between the diet and the exercise, it's kept me in a very healthy state of mind. The focus required to get through this kind of training has taught my brain a new kind of discipline. I've become much better equipped to deal with everything."

in a number of "strong man" roles - like in *Merlin*, where I played Sir Percival, so training is something I've always done, and I worked out by lifting heavy with the aim of getting bigger," says Hopper. As a result, he thought he was reasonably fit but that all changed when he had his first session with James. "I honestly felt like I was going to die, and it was where I first experienced what James calls 'going dark,'" say Hopper. "Now I've become used to this fear of the dark, and even begun to crave it - it has made me stronger physical and mentally, and I've learnt that you should never give up, no matter what your mind is telling you." His transformation inspired a number of his mates to start working out as well, and they all come to him for advice and workout plans. "I tell them to hammer it for 15, 20 minutes instead of doing an hour on a treadmill; to get other people involved for support; and not to let people talk to you during your training," says Hopper. "This isn't a special Hollywood secret - it's a simple formula that relies on hard work and a willingness to go deep." The best part for Hopper? "You earn more self-respect for yourself."

The second tool that White used to get these men into cover-model shape was to get them onto a fasting diet, where they were only allowed to eat from 12pm to 8pm. "This way of eating increases the fat-burning window by six hours," explains White. "They extend this window by not having breakfast, and on top of that, they combine a training session to compound the fat-burning effect," says

X THE TRAINING WAS EFFECTIVE, BUT THE DIET WAS EVEN MORE POWERFUL

White. Their energy levels needed time to adjust, but it did quickly - and also meant they slept better. "The training was effective, but I think that the diet is even more powerful," says White. They were only allowed to eat meat, vegetables, eggs and salads. No fruit, no dairy, no sugars. "We never ate late (no food after 8pm) and had two shakes a day, which were a mix of instant and slow release - they taught our bodies to use fat as the main source of energy," says Hopper. All three men experienced a huge change in the way their body started burning fuel, and learnt to feed their bodies properly. "Not eating before you workout went against everything I had understood before," says Stephens. "But as long as you're eating correctly, you'll have all the energy you need, and it's actually much easier to exercise on an empty stomach as you don't feel heavy or sluggish."

THE ROARK RULES

1/ You Have to Suffer

"It's the only way to achieve anything worthwhile," says White. "That's where the best gains are made and where you learn the most about yourself - you can only learn about yourself in conditions of extremity." These three guys suffered in and outside the gym, and now have the results to show for it. "Bicep curls don't make you suffer," says White. "You'll know when you are suffering, and many people say they're willing to hurt, but few are ready to do it." The truth is that it never gets easier, but there's no ceiling to your potential - you'll just continue to get faster and stronger. "It lifts your pain threshold a lot higher, but it also expands your expectations of what you can achieve - stuff that you would put off, you now will get it done quickly," says Stephens. The only person you'll do battle with is yourself. "Your brain will tell you anything to make you stop in those moments when you start to panic. Weird stuff comes out; it's different every time my brain goes into this battle, there will be a part of my brain that tells me to stop acting so I don't need to do this kind of stuff, and another part will tell me that you've never learnt to play the piano, so this is what you need to do," says Arnold. "You can make up all kinds of excuses and reasons why you shouldn't carry on, but eventually you need to go to a place where you break through the barrier of what you think your limits are. Unless you find someone to help you push through that, there's a cap on everything you'll be able to achieve."

2/ Learn to Breathe Properly

"When it comes to the hard part of the training, when they go dark, I try to teach them to breathe properly," says White. In the beginning the three men weren't fit so it was a terrible experience, as they kept panicking from the lack of air. "I kept reminding them to breathe, and if they started shouting or screaming, I would tell them it's not helping to get air to their muscles," explains White. "This helped them to start focusing on the actual physical process of getting in as much air as possible." White kept hammering those points home in the first week, and no matter how bad it got in the workout, they learnt not to shout or scream; they just focused on getting in as much oxygen as possible. "The key phrase here was to tell them to 'go dark' - they go to the darkest place they can find. There's no joking around or talking, they fully understand that it's now time to focus on the workout and embrace the discomfort," says White. "I don't say this every day. But in some workouts I'll tell them it's time to go dark and they will spend the next 10 minutes in silence, focusing on their performance and battling through the pain and discomfort. Breathing properly helps them finish these workouts."



3/ Don't Make it About Vanity

"Whoever you are, you should always make your goals about performance, and find a way to measure yourself," says White. "Forget about doing back or triceps day at the gym and start setting yourself concrete, measurable goals that scare you." White recommends you investigate and understand why you are doing the exercises rather than just following a programme blindly. "The biggest lesson that I learnt from James was that I should aim for performance rather than vanity, as then the body changes and fitness gains become the byproduct," says Hopper. Stephens sees this lifestyle change as an investment in his health. "If I had to stop now it would have a huge effect on the next 20 years of my life and how I will enjoy it," explains Stephens. "Besides the results, the real benefit of this training is how much better you end up feeling."



4/ You can't Redline the Whole Time

"A sign of good programming is one that that has periodisation and variety - it has to change in pacing and tempo," says White. "It also means the routine is more sustainable and less repetitive." White doesn't require his clients to work all out all the time, or to continually go dark. This isn't just to protect them from overuse injuries (which is crucial), it also offers a change of pace mentally. "For example, there were days where I told the guys to stay within 'Zone 2' of their heart rate. This type of pace on a rower would be that where you're still able to have a conversation and where your heart beat is between 120 and 140 per minute." This is known as the fat-burning zone, where you can burn fat without eating into muscle growth. "It's a great release for them, and it provides a different workout tempo," says White.

▲
MEN AT WAR
Training in a group helped the men to push themselves harder than ever before

THE OFFICIAL BLACK SAILS WORKOUT

**It's train like
a pirate day**

WORKOUT

1

1.1/ 10-minute row at 2:10/500

1.2/ 17 sets of:
10 push-ups
3 pull-ups

All with perfect form – you want your chest to touch the floor while keeping your elbows tucked in and body in a straight line.

1.3/ 8 x 10 front squats – chase each set with 5 bar hang L-Sits 2 seconds up, 2 second hold, 2 seconds down into a dead hang.

1.4/ 20 rounds of 30 seconds on / 90 seconds "off" row
During each round, increase distance rowed by 1 metre, starting at 146 ending at 165 metres. Perform 10 strict push-ups in the rest period.

WORKOUT

2

2.1/ 10-minute row at 2:10/500

2.2/ 20-minute push-up test
For 20 minutes perform 2/3/4 strict push-ups every 15 seconds on a running clock.

2.3/ 3 supersets with a 30kg barbell
5 seated behind-the-back wide-grip presses
5 seated behind-the-back close-grip presses
5 seated strict presses
5 seated Bradford presses
5 standing push presses

2.4/ Ball Slam to Hell with a 10kg medicine ball
3 ball slams in the first minute;
6 ball slams in the second minute;
9 ball slams the third minute – all the way up to 30 ball slams in the tenth minute.

2.5/ Row to Hell
500, 400, 300, 200 and 100 row for time, with rest equal to work.

THE OFFICIAL BLACK SAILS WORKOUT

WORKOUT

3

3.1/ 10-minute ski at 2:15/500

3.2/ 10 bodyweight sets

10 push-ups

10 air squats

5 pull-ups

3.3/ 5 sets of bench press complex
5 bench press reps at 60kg,
followed immediately by middle
to top reps to failure, followed
immediately by 15-30 second hold.

3.4/ 30-minute ski erg broken
into 250 pieces

Each 250 piece at between 2:15
and 2:20/500 pace. At the end of
each 250 piece alternate between:

20 strict push-ups

15 dips

10 x hammer curls / 10 x drag curls

(superset)

WORKOUT

4

4.1/ 10-minute row at 2:10/500

4.2/ 3 bodyweight sets

5 wall squats

10 air squats

20 forward lunges

20 backwards lunges

10 push-ups

4.3/ 5 sets of Cluster Squats

1 set consists of:

2 front squats at 80kg

2 back squats at 80kg

3 front squats at 70kg

3 back squats at 70kg

5 front squats at 60kg

5 back squats at 60kg

Rest 4 minutes between sets.

4.4/ The Pirate Metcon

5-min row at 2:15/500

3 x 10 overhead squats at 40kg

5-min ski at 2:20/500

3 x 10 man-maker at 5kg

5-min row at 2:15/500

5 x dead hang L-Sit

5-min ski at 2:20/500

2-min plank hold + 1 minute rest

2-min front lateral raise hold

5-min row at 2:15/500

10 broad jump burpees

5-min ski at 2:20/500



5/ Forget About Wanting Quick Results

When White laid out the programme, all four of them agreed it was a long-term plan, and the three actors all knew it was ultimately up to them. "I told them that I was always there for them, and would jump in whenever they wanted me to do so in a workout; but I wasn't the one that was going to be taking my clothes off in front of millions of viewers. If you want it bad enough, you'll do the hard work - it's that simple," says White.

6/ Develop a Base Strength

"Start doing compound moves - like back squats, deadlifts and front squats - in a proper strength programme, so you have a balanced foundation that you can work off," says White. Think of it as developing solid foundations in a house: you can't build on a shoddy, limited base. "So many guys don't have a base strength and it means it's so much harder to maintain the correct movement patterns as you progress through a hard workout." **MH**

 Watch Season one of Black Sails on the History Channel, 186 on DStv.



Can you really rely on a substitute?

A substitute just doesn't work as well. Choose the part that was made for the job, ask for Volkswagen Genuine Parts. Volkswagen Genuine Parts guarantee the highest quality standard for optimum performance and impeccable safety, ensuring that your car performs exactly as it should.







Here's something you may find surprising:

if you save your relationship, you'll save your own ass as well. That's because the shaky superstructure of your health and wealth rests on the emotional bedrock of your relationship. To build a more perfect union, start here

BY LAURENCE ROY STAINS
PHOTOGRAPHS AARON RICHTER

E

EVEN GUYS LOCKED INTO a relationship wonder what sorts of itches they'd be scratching if they were to ditch their girl. Their "newly single" fantasy might include long, naked

weekends with a girl they met on the beach, but the reality is not nearly as provocative. As a divorced man, you are 39% more likely to kill yourself. Even if you don't, you'll die younger. Also, forget chasing tail; your mobility also suffers from singlehood. There's also the fact that splitting crushes your finances: a study of divorcees found that a split slashed their wealth to less than a quarter of what they would've had if they'd never wed. So we've collected 25 tips that can protect you from a sickly, cash-poor, single life. Save your relationship - before it's too late!

01

Always Look for Ways to Turn "Me" into "We"

Listen up as psychologist Gary Lewandowski sets you (and her) straight with this not-so-obvious fact: "Research shows that people who see themselves as overlapping with their partner have better relationships. You begin to lose track of where one partner begins and the other ends." Coach was right: it's all about the team.

2

Assume the Best Explanation for What She Did, Not the Worst

Think of an annoying thing she does that you regularly misinterpret. Psychologists call this a "maladaptive attribution". Then stop it. Yes, you can improve your marriage by thinking about it differently; just choose the kindest possible interpretation for her actions instead of the ugliest.

03

TAKE THE ZERO-NEGATIVITY CHALLENGE

How many days this month can you go without doing or saying a single negative, hurtful thing to your partner? Give it a try, suggest Harville Hendrix and Helen LaKelly Hunt, who've written 10 books on relationships. You can strike sarcasm off the list too. In the words of Terry Real, author of *The New Rules of Marriage*: "Sarcasm eats intimacy." Words matter. Measure them.

No. 04

A FOOT MASSAGE WORKS WONDERS; A HEAD MASSAGE WORKS MIRACLES

**05**

DON'T MAKE A COMPLAINT. MAKE A REQUEST INSTEAD. (POLITELY)



6/Write Her a Letter... Yes, on Paper

A University of Denver study of soldiers found that exchanging letters with their wives had a more positive and long-lasting effect than SMSing did.



No.
07

WATCH THIS SEX VIDEO

"Make-up sex" doesn't solve a fight, and latent anger can be a lust killer. **Sit down together and watch family therapist Michele Weiner-Davis's TEDx talk "The Sex-Starved Marriage" on YouTube.** Even if you're not exactly starving, the video can help stoke hunger now and forever.

No.
08

Don't Try to Fix All Her Problems - Just Listen to Them

"Men are conditioned to solve problems and to protect the women they love," says couples therapist Shiri Cohen, an instructor at Harvard Medical School. "This can backfire when all she really wants is to be heard," she says. "The next time your partner needs to vent or complain, just give her your open ears." If you think you do have a good solution, wait and bring it up later during a separate conversation.



9 / Sweat with Her, Then Hop in the Shower Together Later. It's Healthy!

For 20 years, Thomas Bradbury and Benjamin Karney of UCLA's Marriage Lab followed more than 1 000 couples to evaluate the different ways partners support each other in their efforts to make important changes in their lives. Bradbury says he was amazed that the most common topic – coming up in about seven out of 10 couples – was that they wanted to change to a healthier lifestyle. Their book, *Love Me Slender*, shows couples how to work together to maintain healthy weights. Plus, a new UK study published in *Jama Internal Medicine* seconds that "men and women are more likely to make a positive health behaviour change if their partner does too."

No.
10

Look Past Her Flaws (Don't Try to Eliminate Them)

"Look above the things you find annoying or unpleasant," says psychologist Douglas LaBier. "Respond to the best qualities in her – the ones which will always make her best side stronger."

No.
11

Tell the Kids to Shut Up While You Two "Connect"

"Just a measly 15 minutes," says William Doherty, a professor of family social science at the University of Minnesota. These kinds of "connection rituals" hotwire your whole life together. So do it.

12

GO OUT TO
THE MOVIES.
THEN TALK
AFTERWARDS

No. 13

**“COME
TOGETHER” ONLY
HAPPENS ON
ABBEY ROAD.
RELAX. TAKE
TURNS**

Ronald Rogge, a professor at the University of Rochester, followed 174 committed couples for three years. Some of the couples received traditional marriage counselling, others received no special attention and still others were instructed to watch relationship-focused movies each week and talk afterwards. Watching flicks and getting counselling both cut the break-up rate by half.

No.
14

AUTONOMY IN A RELATIONSHIP IS GOOD

Neither of you should feel you're being guilted or coerced into choices about the way you live. Researchers at the University of Houston found that couples who feel self-determined instead of trapped are less defensive and more understanding during fights.



15/Expand Her Idea of You Two...

in the Midlands. Or Mozambique. Travel is a partner-redefiner, which may be why you enjoy exuberant sex in exotic places.

16

KEEP YOUR
VOICE DOWN
WHEN YOU
FIGHT.
IT MIGHT SHOCK
BOTH OF YOU
INTO BEING
MORE
REASONABLE.

17/Banish Boring, Part 1: Do Batshit Things as a Couple

Jet skiing? Hang gliding? Psychologist Arthur Aron and his colleagues at Stony Brook University and UC Berkeley have found that couples who engage in a novel activity together report much more marital satisfaction than couples who have merely "pleasant" date nights (that is, the same old routine). It doesn't have to be skydiving, says Aron; "it can be an art class". The point: bust your rut.



18 /Banish Boring, Part 2: Do Batshit Things with Another Couple

If you go on a double date that creates closeness among the four of you, says Aron, you've just quadrupled the excitement level in the room. That thrill is associated with your partner. "And that initial sense of exhilaration that comes from falling in love is reinvigorated," he says. Aron's theory: you're happiest when your partner expands your sense of who you are. So perhaps some time travel is in order. Remember when you two were young and the possibilities seemed limitless? Reengage with friends from that time, preferably ones who've been sweating together [see #8]. Then push new boundaries as a group.



YOU'VE MADE
YOUR BED
Now kick the kids out
of it. The closer Mom
and Dad are, the better
their kids fare

19

ASK: HOW MUCH DO I HATE MY GIRL?

Be brutally honest. Oh, you love her? Next question: why am I so mean to her sometimes? Marital adviser David Schnarch coined the term *normal marital sadism* to describe the many ways we annoy our spouses on purpose. It's simple: stop the purposeful slights, says Schnarch, and she'll like you a lot more. Leave the snark and sadism behind, and you're onto something like the title of Schnarch's book: *Passionate Marriage*.



20/Buy a Lamp Together (It's Worth It)

Beloved, jointly acquired items are called "couple markers" – they're a barometer of your bond, helping to replace "yours" and "mine" with "ours".

PHOTOGRAPH AARON RICHTER

21

Your Sacrifices Are Your Gift, Not Her Debt

It's called having a "communal relationship" with your wife. In such a marriage, sacrifices (yours and hers) are the gifts that keep on giving. Do something nice. Don't keep score. Both of you benefit.

22

You Know Her. Push the Buttons That Please Her

In her terrific book *Marriage Rules*, Harriet Lerner mentions urging a client to come up with three things to do that he knew his wife would appreciate. You can do the same. Get started, smart guy.



No.
23

AS GO MOM AND DAD,
SO GO THEIR KIDS.
THE SOONER THE
LITTLE MONSTERS
UNDERSTAND THAT
THEY'RE PART OF
YOUR LIFE, NOT VICE
VERSA, THE BETTER

24

RESPOND TO GOOD NEWS AND BAD

Your wife gets cool new responsibilities at work. How do you respond? Thoughtlessly ("That's nice. What's for supper?"), selfishly and destructively ("Less time for me, right?") or – jackpot! – actively and constructively ("Wow, let's celebrate!")? According to psychologist Shelly Gable, positive responses reassure your partner that you'll also support her when the news is bad.

No.
25

PRACTICAL STUFF CAN WAIT. ATTEND TO HER NOW

Don't let the urgent (The bills! The office! The lawn! The rugby!) get in the way of the important (steps 1 to 24 above).

Remember: Your financial, emotional and physical health depends on a close collaboration with your wife. Make it a priority, or else. Now, care to revise your to-do list?

► SCREW ME? SCREW YOU!
When a man is victimised,
his fury can overshadow
everything else. Learn how
to ground yourself



REVENGE

You've been wronged, and the only way to make it right is to make 'em pay. Before you take that tooth or eye you're owed, understand what's pulling your strings - and when you should pull back



“YOU’VE GOT TO FIX IT, THE ESTATE AGENT SAID.”

“But it’s just a small leak,” I said. “A few coats of paint will keep any water stains concealed for months.”

The agent shook her head. “Selling your house with a known but undisclosed defect is against the law. And it’s a pretty shitty thing to try anyway.” Rather than give in to my worst instincts and risk getting taken to court, I sucked it up and paid R40 000 for a new roof.

My family then moved to another province where we found a home similar to the one we’d just sold. The owners’ disclosure statement claimed no known “material defects”. Still, the agent recommended a home inspector buddy just to make sure. I naïvely figured the agent was doing us a favour.

The following week, I met the inspector at the house. He was a beefy ex-builder in his forties with a pack of credentials. He assured me that nothing would escape his nationally certified eye. I asked him to pay special attention to the roof. Not to worry, he said, handing me a contract and a bill for his services. I forked over R5 000, and two weeks later a thick dossier arrived in the post detailing every nook and cranny of the new house.

How to Master the Mea Culpa

Screwed someone over? Ruin his taste for revenge by delivering a hatchet-burying apology. Evolutionary psychologist Michael McCullough offers a few pointers



► Clear Your Calendar

When you’re ready to convey your contrition, ask to meet at a place and time convenient for him. By showing respect, you help restore his sense of dignity, says McCullough.



► Say What He’s Thinking

At the start of the conversation, admit that you know you were a jerk (or worse) and that you’d be pissed off too, says McCullough. No “buts” or other outs allowed.

The upshot was that everything looked good. The roof wasn’t perfect, he conceded, but it had at least 10 years before any significant repairs would be necessary. So we bought it.

A week after we moved in, it rained. Water soon started dripping through the dining room ceiling – by night-time, old water stains emerged like an angry rash through the fresh paint the owner had slapped on. Incensed, I called the inspector, demanding he make things right. There was no question that he was legally obliged to represent *our* interests. His “inspection” of the roof wasn’t just negligence – it was fraud. Instead of denying it, he just chuckled. “Read the contract, buddy,” he said. “I don’t owe you shit.”

IN LIFE, SCHOOL BULLIES, GIRLFRIEND POACHERS, SCAM artists, abusive bosses and all kinds of other backstabbing bastards lie in wait for us all. And when we fall prey to their machinations, who among us hasn’t prayed for a way to right the wrong? It’s almost as if a thirst for retribution is hardwired into the male psyche.

Turns out there’s no “almost” about it. A study in the journal *Science* in 2004 showed that the drive to seek vengeance resides in a specific part of the brain. Researchers at the University of Zurich had guys play an economic “game” in the lab, while monitoring their brains via positron emission tomography (PET) scans. As long as the players cooperated and pooled their resources, each was rewarded with an accumulating pile of cash. But the game was rigged.

In some rounds, a player working in cahoots with the researchers betrayed the trust of his partner, enriching himself at the expense of the group. This provoked a strong desire for retaliation by the cooperative players, who realised the jerk had played them all for suckers.

The researchers then offered each good guy a chance for payback, explaining he could “punish” the cheater. The PET scans of players with a strong desire to punish displayed an intense surge of activity in an evolutionarily older brain area, known as the dorsal striatum. Research has linked the dorsal striatum to reward processing and has also shown that it can be activated by cocaine. No wonder the anticipation of revenge seems so sweet.

BUT HOW FAR WILL WE GO FOR THIS NEUROCHEMICAL HIT? IN AN INGENIOUS TWIST, THE researchers gave the volunteers an opportunity to take revenge, but they would have to pay a price for the pleasure of meting out justice. Each slighted guy could pony up his own money in order to see the cheaters suffer. Despite the cost to themselves, the participants’ striata still lit up. Now, however, activity surged in a second brain region as well: the medial prefrontal cortex, or MPFC. This part of the brain is a much newer evolution, one associated with the cognitive evaluation of costs and benefits.

The ancient striatum seems to drive our passion for revenge, while the more recent MPFC raises intellectual doubts about whether it’s worth the effort. As helpful as this cheques-and-balances system can be in guiding the right decision, the two brain regions don’t carry equal weight. The researchers found that in the men with high levels of dorsal striatum activation, the appetite for retribution was stronger, overriding the counsel of the rational MPFC.



► Mend Those Fences

Acknowledge that you’ve lost his trust and want to earn it back, says McCullough. First step: Offer to make him whole financially if money or property was involved.



► **SMITE CLUB**

You want to get even, but who's really going to suffer? That voice in your skull is saying something about men who live by the sword

NEUROSCIENTISTS AREN'T THE ONLY ONES

whose investigations into the science of revenge have begun entering the realm of theologians and moral philosophers. In fact, over the past two decades, researchers in disciplines as disparate as evolutionary biology, criminal justice, social psychology and even game theory have started to converge on a surprisingly coherent picture of the role revenge plays in our lives.

"To outside observers, revenge can look pointlessly destructive," acknowledges psychologist Michael McCullough, director of the Evolution and Human Behaviour Laboratory at the University of Miami. "But the desire to seek out and exact revenge is as natural to us as grief, happiness, fear and hunger. That instinct has been crafted by natural selection because of the critical problems it solved in our evolution."

For our hominid ancestors, these solutions included direct deterrence; establishing and honing a vengeful rep; and the "moralistic enforcement" of norm-violators - punishing cheaters and freeloaders makes them pay for their selfishness. Humans are not alone in benefiting from revenge's social solutions. "Revenge works pretty much the same way in many group-living animals, like chimps or wolves," says McCullough. For these social species, revenge serves the

group by protecting individuals from victimisation.

But even the most adaptive of tools can sometimes outlive its usefulness when job requirements change - we live under circumstances today that would be unfathomable to our ancestors in the Pleistocene Epoch. "When 'legitimate' citizens - that is, noncriminals - are wronged, there's no need for them to take the law into their own hands," says Volkan Topalli, a professor of criminal justice at Georgia State University. Ideally, the cops will deal with the bad guy for us, and an officer of the court will assess any civil or criminal penalties he deserves. This allows us to see the offender punished at no personal risk.

This means, however, that we are deprived of one thing that pissed-off Pleistocene dudes enjoyed and that many of us still crave: the visceral pleasure of doling out vengeance directly. Not everyone resists this primal call for blood: researchers estimate that 10 to 20% of all homicides worldwide are motivated by revenge.

THE MORE I RUMINATED ABOUT HOW I'D BEEN RIPPED OFF BY A "CERTIFIED" PROFESSIONAL, the worse I felt - filled with rage and somehow emasculated too. I tried telling myself that karma would get him in the end. I tried blowing off steam at the gym. Nothing worked. So I did what men are supposed to do in civilised society: I called a lawyer.

Reviewing the contract, the lawyer found some fine print that absolved the inspector from any negligence claims. "You can sue him," he said, "but chances are you won't get a cent." At this, the veins in my temples must have begun twitching. Noting my reaction, he said, "Look, I know a guy who might take your case on a contingency basis. You only pay him if he gets you some money out."

That afternoon, I reached out to this other lawyer - let's call him Spike - and explained my predicament. "I hate cockroaches," Spike said. I knew I'd found a champion.

The home inspector showed up at the court a few months later, smirking. His lawyer argued that under no circumstances was his client obliged to pay for mistakes he may or may not have made. Spike countered that mistakes are different from intentional fraud. Amazingly enough, the magistrate agreed with Spike and ruled in our favour. He

ordered the inspector to return my R5 000 plus half the cost of a new roof.

I feared my jaw might break from beaming. I ventured a quick look in the direction of my nemesis. As the oft-quoted saying goes, "It's not enough that I succeed; others must fail." Alas, all joy evaporated the second I saw his face. His insufferable smirk hadn't disappeared - if anything, he seemed smirkier than ever.

"Maybe you 'won,'" his lawyer said, adding air quotes for emphasis, "but you'll never collect. My client's insolvent." The inspector overheard and openly chuckled. The urge to grab his throat was nearly overwhelming.

Spike put his hand on my shoulder. "Don't worry," he said. "I haven't given up."

MAKING THINGS WORSE WAS MY SENSE THAT MY NEMESIS was no longer thinking about me at all. The fiscal harm he'd caused was compounded by images of him skipping merrily through life while I remained waylaid in anger.

Transgressors and victims tend to have wholly different interpretations of the amount of damage an injurious act causes. In a study published in *Basic and Applied Social Psychology*, participants were asked to describe times when they'd been victims and victimisers - their responses showed that one person's "no big deal" can be very big indeed for the wounded party. "When we harm someone else, we distance ourselves from the seriousness of our transgression," says study author Arlene Stillwell. "Yet when we're harmed in the same way, we see ourselves as victims of a grave injustice."

As my dorsal striatum tantalised with delicious images of me turning my new flamethrower on my enemy's car, my MPFC questioned whether this would trigger him to retaliate in an even more violent way. Certainly, resisting the urge to go postal was the sane course of action - so why did heeding my MPFC leave me feeling so crazed?

A 1948 report in the *American Journal of Psychoanalysis* identified unfulfilled thirst for vengeance as a particularly potent trigger for mental disorders and aggressive outbursts. "The author argued that this takes over the weak-minded and wreaks havoc on their psyches," explains McCullough. If not acted upon, it could consume a whole lifetime, leaving you literally sick with bottled-up misery.

► CALL OFF THE WOLVES

You are the master of your emotions. Keep a leash on revenge, then try your best to forgive the bastard

"Revenge is as natural as hunger."



THE PSYCHOLOGICAL TURMOIL EXPERIENCED BY MYSELF and others who are equally "weak-minded" would seem to argue for the need to deliver some kind of retributive strike. Of all the pithy platitudes revenge has inspired, none is spouted more frequently than this: revenge is sweet. But is it really?

In a 2008 study in the *Journal of Personality and Social Psychology*, researchers found evidence that revenge may look sweet in anticipation - but that it's rarely delectable in execution. "It's common to mispredict the intensity of future emotions," explains Timothy Wilson, a professor of psychology. "But revenge is unusual in that we get it backwards: people given the chance for payback think it'll make them feel good, but most feel bad."

Using a variation on the economic game the researchers in Switzerland had employed, Wilson and his colleagues randomly assigned volunteers to two groups and then arranged for them each to be "stabbed in the back" by a confederate. Those in the "punish" group were asked to predict how good they thought revenge would feel; then, after they carried it out, they were reinterviewed about the reality. "We couldn't find evidence of enjoyment," says Wilson. "In the group that was able to punish, almost everyone's mood actually declined."

It seems revenge stokes rather than quenches our sense of victimisation. "Those given the chance to act vengeful," says Wilson, "kept ruminating about what an

asshole the guy was. But those who had no chance to respond found other ways to move on."

Mario Gollwitzer, a professor of social psychology at Philipps University of Marburg, Germany, has proposed an "understanding hypothesis" to suggest that revenge has a more complex purpose beyond the simple equalisation of suffering. In studies from 2009 to 2015, Gollwitzer and his colleagues have shown that three ingredients are needed to make revenge "work". "When the timing is right, the level of retaliation matches the level of the provocation, and the harmdoer 'learns' that his behaviour was wrong," says Gollwitzer. "Only then do avengers feel satisfied with their retaliation."

McCullough adds that remorse sets the stage for repairing a damaged social relationship. "What the mind hopes to get from punishment is a positive change in the offender's behaviour towards the victim." Once this happens, a second adaptive instinct can kick in: forgiveness.

SPIKE CALLED THE MORNING OF CHRISTMAS EVE. "I GOT YOUR COCKROACH," HE SAID. Spike explained that he'd emailed a copy of the ruling to every bank in the province. "I figured he had to have a concealed account *somewhere* to process payments," Spike said, "and I was right." In an obscure little bank deep in a rural town, the fraudster had just enough money squirrelled away to satisfy the court order. "Merry Christmas!" he said.

In my mind's eye Spike now looked like a dead ringer for Clint Eastwood. I thanked him, then sped to the mall. What had looked to be our most Dickensian Christmas ever became a downright binge. I splurged on presents for my wife and sons. As for me, no presents necessary; I'd just received the best gift of all - the image of a bastard's smirk turning upside down.

That night, with the kids in bed and gifts wrapped beneath the tree, the phone rang again. My heart sank. I was certain Spike was calling to report that some new legal technicality had arisen. But it wasn't Spike, just an enraged stranger screaming death threats. "Who is this?" I asked between his invective. "I think you've got the wrong number."

He didn't. It was the home inspector, who'd moments earlier discovered his bank account drained and hit with bounced-cheque fees. "How could you do this, you bastard?" he shrieked. I reached over and switched on the digital recorder I use to tape interviews for my job.

"I'm legally required to inform you," I said, "that I'm taping this conversation."

THE BURGEONING "POSITIVE PSYCHOLOGY" TREND OF THE LATE 90s SAW RESEARCHERS beginning to document how beneficial forgiveness can prove to victims of injustice, allowing them to escape the anger and anxiety that accompany persistent grudges and unrequited revenge. This association helped spawn a new form of counselling: "forgiveness therapy", the

focus of McCullough's early research efforts. "I was trying to understand what helps people forgive," he says today. "I thought this would be a cool thing to know how to do, something that could maybe even make the world a better place. Researchers in counselling psychology and social work were figuring out how to *make* forgiveness happen."

But by 2000, McCullough began to have doubts about the now deeply entrenched "medical model". If forgiveness is so therapeutic, he wondered, why is it so difficult? What if forgiveness is not a cure but an adaptive trait, one that natural selection has favoured due to the social problems it solves?

In his book *Beyond Revenge: The Evolution of the Forgiveness Instinct*, McCullough describes how research by primatologists, anthropologists and evolutionary biologists began to dovetail on a central conclusion: just as with revenge, the forgiveness instinct is not only universal in human groups but also widespread throughout the animal kingdom.

Primateologist Frans de Waal published data indicating that among chimps, for instance, friendly behaviour, such as kissing, touching and embracing, is actually more common after aggressive conflicts than in times when everything is copacetic. The same kind of rift-mending occurs in sheep, dolphins and hyenas.

The instinct for forgiveness, however, is hardly indiscriminate - wronged individuals don't treat all transgressors equally. After all, it makes no sense to squander energy trying to reform a recidivist villain who either won't improve his treatment of you or has nothing to offer you even if he does. Better to just avoid contact altogether.

But what about an offender who can be taught the error of his ways, who has plenty to offer if you can recalibrate his opinion? If you could change his estimation of you, in the process converting him to an ally, the upside potential would outweigh the benefits of killing him.

It's not easy to pull off. You must earn the offender's respect through displays of anger and a believable willingness to retaliate, convince him there's more upside to having you as a friend than an enemy, and be willing to forgive and forget - if and only if he shows genuine remorse and desire to mend the rift. All the while, you must be keenly aware of signs he's playing you for a sucker.

Retreat from Retribution



Maybe some jerk cut you off on the highway or a colleague cut you out of a plum project. Whatever you've suffered, use these tools to help yourself walk (or drive) away from revenge

► Fill Up Your Think Tank

Your brain is 2% of your bodyweight but uses about 20% of your daily kilojoules. The MPFC (medial prefrontal cortex), which governs emotion, is especially voracious, says Brad Bushman, a professor of psychology at Ohio State. If the idea of revenge starts to feel irresistible, gulp 110ml of fruit juice to send a surge of glucose to your MPFC.

Payback can make you feel worse.

ONE OF THE INADVERTENT DRAWBACKS TO MANY MODERN JUSTICE SYSTEMS IS THAT THEY remove the opportunity for direct interpersonal resolution of harms. Even the most sincerely contrite transgressors, for example, are loath to apologise, fearing this will only open them up to greater liability. When the state does assess civil and criminal penalties on a victim's behalf, it does little to give us what we've evolved to want most: the kind of resolution that comes when our transgressors demonstrate an understanding of what they have done to us.

This need to make victims truly whole, says McCullough, is one reason the "restorative justice movement" is fast catching on in the US and the UK. As an adjunct to standard criminal justice systems, it's helping many victims accomplish what forgiveness therapy could not bring them: a way to move past their hurt and unresolved anger.

"Restorative justice," says McCullough, "provides a venue where a willing victim can meet face-to-face with a willing offender who wants to offer an apology." The human mind is well-tuned to cues of sincere contrition and self-serving falsehood. But when it detects the former, the impact can be transformative. "It's what we seem to need," McCullough says, "for true forgiveness and reconciliation to occur."

FOR NEARLY A MINUTE, I COULD HEAR NOTHING BUT SILENCE ON THE PHONE LINE. I WONDERED if the inspector had gently hung up and was now driving over with a cricket bat. What happened next was the last thing I expected. "It's Christmas, man," he said, his defeated voice breaking the silence. "I got kids... and now I can't give them anything."

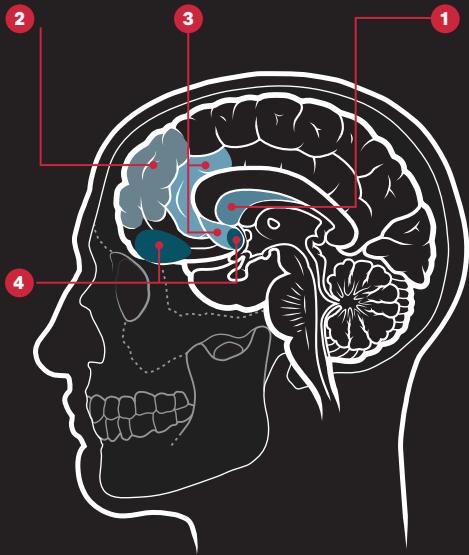
In this pathetic moment, I saw this guy for what he was - not a supervillain, just another garden-variety schmuck of the sort found in every corner of the Earth. Schmuckier than me, at least by my estimation, but I could no longer maintain any illusion that we were of separate species. I heard a stifled sob, and at that moment the sweet taste of revenge I'd been trying to amplify all day turned sour in my throat. I didn't know what to say, and after five seconds of silence, I just hung up. As Christmas Eve ticked over to the early hours of the morning, I couldn't sleep, partly because of feelings of guilt, but also due to a building sense of dread that there might be still more twists to come.

I turned over the recording to Spike, who contacted the inspector's lawyer, who must have talked some sense into his client. Any vestigial paranoia about his violent payback gradually faded over the next few months, and in the years since all this transpired, I've neither seen nor heard another word from this man who both wronged me and felt wronged by me. On the rare occasions when I think about his fate, I wish him more good than sorrow.

Both of us, I realise today, shared the same instinct for revenge. Perhaps the same holds for forgiveness too.

YOUR VENGEFUL BRAIN

In the milliseconds after you've been hurt by someone, a complex series of reactions begin inside your mind that will influence whether you opt for retaliation or restraint



01

Dorsal Striatum

When you're unjustly harmed by somebody, the prospect of payback activates this reward-processing region, making revenge seem sweet. It's the primal part of you that suggests coldcocking the creep.

02

Medial Prefrontal Cortex

The MPFC is your brain's cost-benefit analysis center. When the payback has risks (your enemy is stronger than you, say, or the cops might arrest you), it helps you figure out if getting even is really worth it.

03

Fronto-Insular and Anterior Cingulate Cortices

These empathy areas light up whenever we see a good person unjustly punished. In men, but not women, these regions remain dark when we witness bad guys get their due.

04

Nucleus Accumbens and Orbito-Frontal Cortex

When we see the guilty punished, these two reward-processing centres become activated - more so in men than in women. We actually enjoy the villain's suffering.



Delay, Relax, Distract

Many guys try to dissipate anger through cathartic acts, like swearing. Save your breath. Bushman says indulging your aggression will fuel the vengeful fire inside. He suggests a three-pronged calming strategy: Delay (count to 100), relax (take some deep breaths and meditate) and distract (work on a puzzle or read).



Fight Mad with Glad

"It's impossible to experience incompatible emotions at the same time," says Bushman. Petting a dog, helping a friend with a task, kissing your wife - these are all anti-social to anger. "Research has shown since the late 70s that empathy, humour and mild sexual arousal can all reduce anger," adds psychologist Arlene Stillwell.



Just Look at Yourself

Ask a stranger whether your rage is rational, and he'll likely say no. But playing the part of the stranger is even more powerful: be the fly on the wall, says Bushman, and see yourself through the eyes of an objective observer. This helps remove emotion from the equation and shows that revenge won't bring satisfaction.

Your Musical Score

We riff on the high and low notes when a man faces the music

THE
AVERAGE
GUY

15 Average guy's age when he first saw a band kick it onstage



Number whose plus-one was their parent

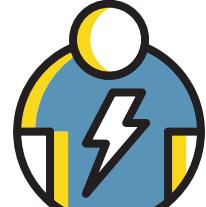
DAVE MATTHEWS

Best act to catch while baked, according to most 420-friendly guys



34 Percentage of men who've accepted a toke (or three) from a stranger at a show

15 Percentage of rookies who wear the shirt of the band they're going to see



41 Percentage of men who aren't satisfied until they elbow their way to the front

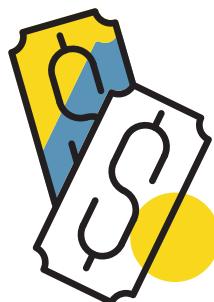
35 Percentage of guys who've taken their chances with a ticket scalper



Number who've scored a 100% discount by slipping past security

R550

Average amount that guys drop for a ticket to a major act



R5 100

Maximum moola the average fan would pay for his dream show



LED ZEPPELIN

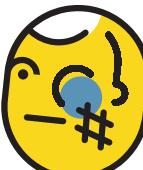
Disbanded band the average guy most wishes he could've seen live

MADONNA

Artist that music-loving men would most like to hit the road... to retirement

43

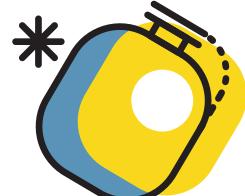
Percentage of men who've taken the mosh-pit plunge



11 Percentage who say they immediately regretted it

3 IN 5

Number of men who are willing to pay R100 for stadium drinks



20 Percentage who prefer to play "hide the flask"

42 Percentage of guys who always feel loose enough to sing along to every song they know



1 IN 12 Number who wish those 42% would save it for the karaoke bar

60 Percentage of men secure enough in their masculinity to accept free Taylor Swift tickets



15 Percentage of even more secure guys who can openly say they love Nickelback



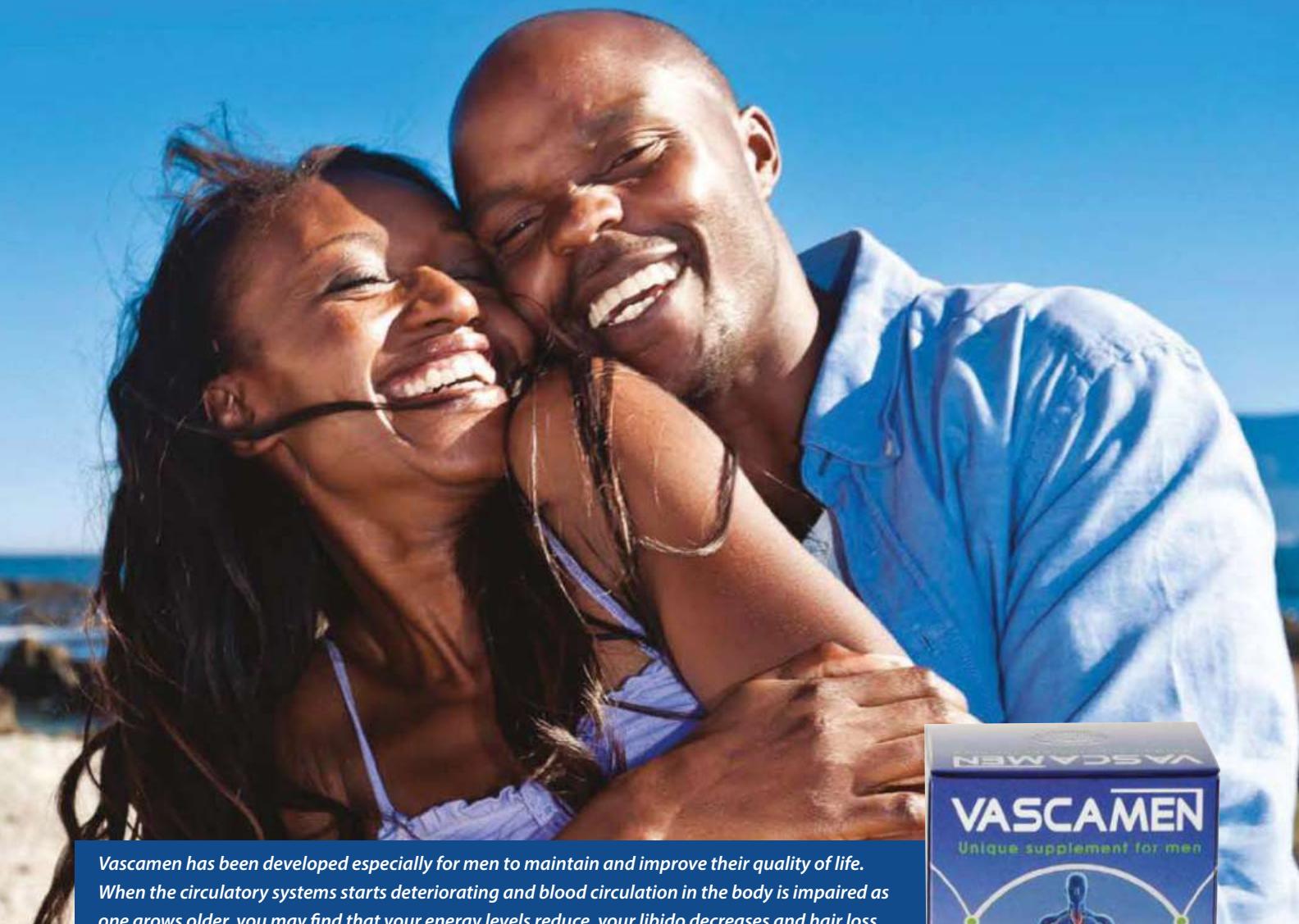
USE MICK JAGGER'S ENTRANCE

Sold-out music fest and not into paying the scalper surcharge? You can still pull off a concert Hail Mary, says Randall Roberts, music critic. "Most festivals have a VIP entrance that's separate from the civilian one," he says. "The VIPs often have extra wristbands, so you can hang there and use your charm to score the leftovers." Invoke a little *Almost Famous*: talk up the band you drove from another province to see, maybe throw in some fan trivia. But keep it to you and a pal; your odds of snagging those free passes diminish with each extra person in your party.

ACHIEVE CONCERT NIRVANA

If you don't care about the first act, plan to arrive 75 minutes after the doors open. Typically that's halfway through the opening set, says Dan Bogosian, a critic at the music blog *Consequence of Sound*. So you'll still have time to find a good vantage point. If you drove, snap a photo of your row number in the parking lot. Also, check a previous night's setlist: this tells you when to make a beer run. Speaking of beer, toss a bottle cap into your pocket (bartenders are often required to chuck them out). You'll reduce the risk of spilling that overpriced brew while rocking out.

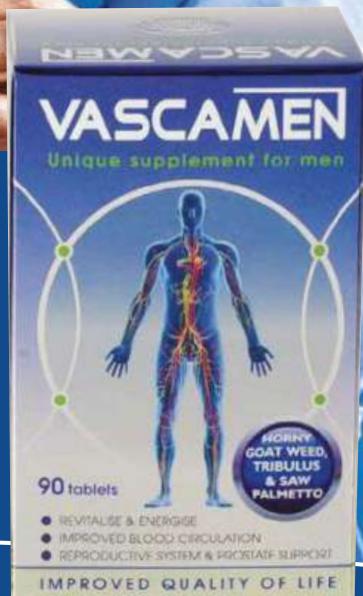
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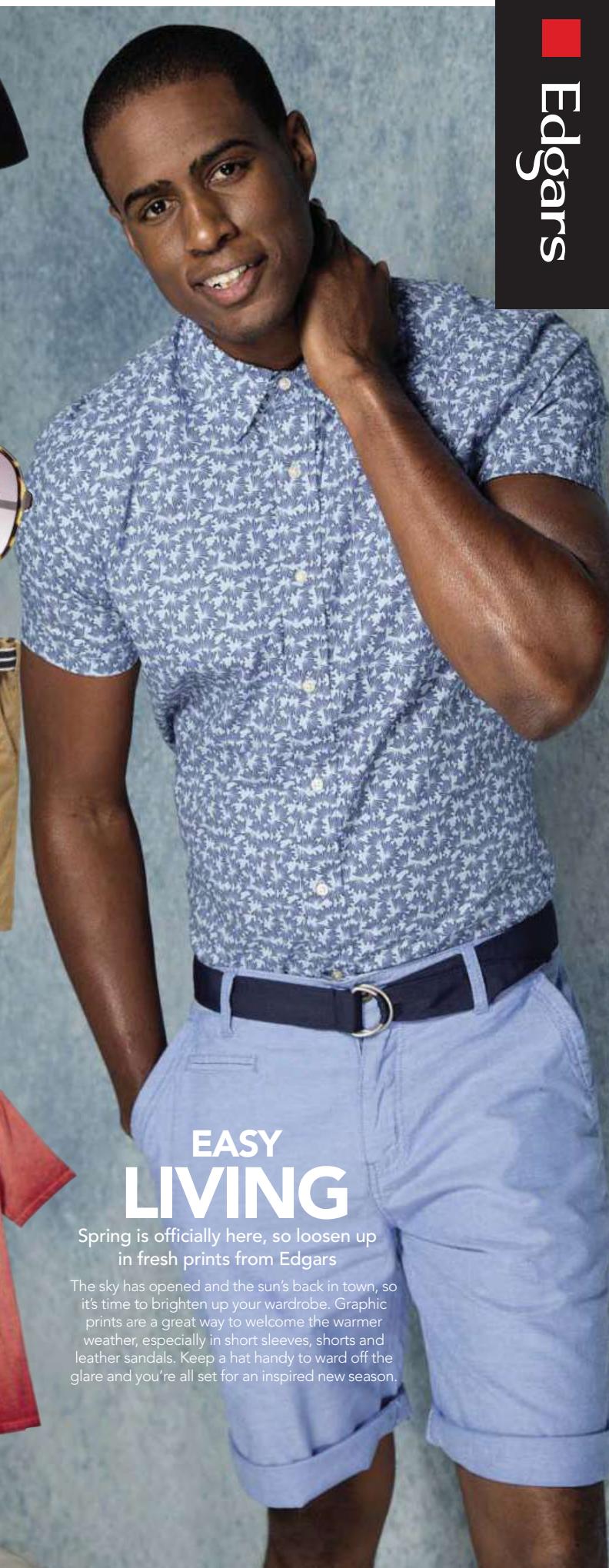


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Men's Health

ON THE COVER
SIV NGESI

GUIDE
TO
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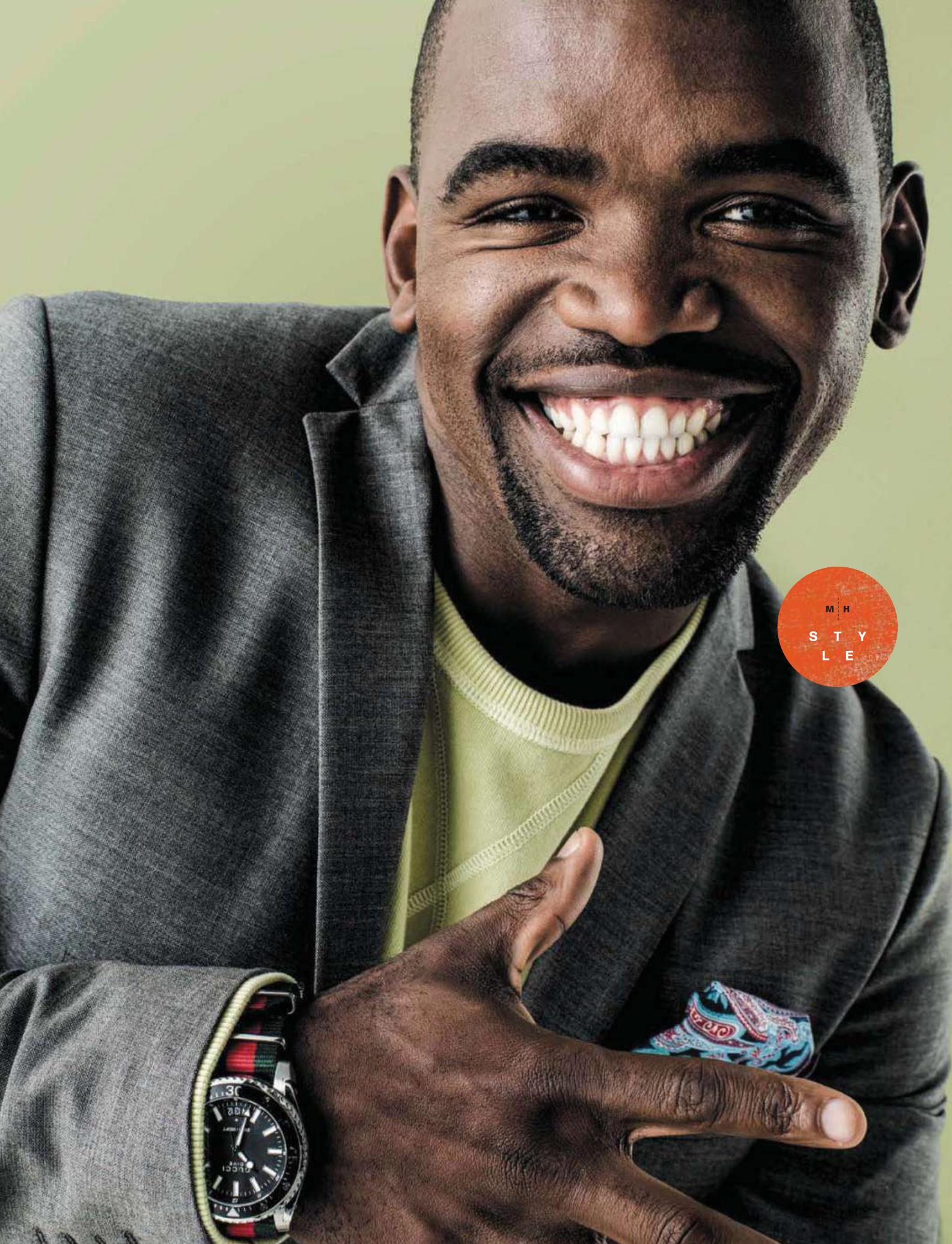


WEAR YOUR CON FIDENCE

SIV NGESI, TV PRESENTER, ACTOR AND COMEDIAN, EXPLAINS HOW TO MAKE YOUR STYLE COMPLEMENT YOUR CHARMING PERSONALITY

●
FASHION EDITOR
AZEEZ JACOBS

●
PHOTOGRAPHS
JONATHAN TAYLOR



M H
STY
LE

IT'S JUST AFTER 3PM AND AFTER SIX hours of being on set, Siv is shooting the last outfit. His smile is wide and his eyes have a twinkle as he jumps up and down on the count of three, working hard to get the perfect shot. This is the energy, enthusiasm and exuberance he's become known for - that and the Superman "S" jewellery he's rarely seen without. But he's becoming known for his sense of style too, now being a regular fixture on local best-dressed lists. So how did Siv go from funnyman to style superhero?

"Fashion was never a big deal for me but when I started getting more popular and going to events, I began to care about how I looked," he says. "Then I started appearing on best-dressed men lists and I thought 'wow, this is serious'. It gets to a point where you can't go out to the petrol garage without looking presentable - there's definitely some pressure there."

His rapid rise to fame shows just how versatile and dynamic he is. After a stint of starring roles on TV, Siv flew fist-first into the arena of live performance, doing stand-up comedy shows and starring in several plays. Now he's gone back to the small screen, co-hosting SABC 3's *Man Cave* with Lunga Shabalala and Janez Vermeiren.

In 2013, he wrote, produced and starred in a one-man show, *Panic*, which saw him perform at the Artscape and Baxter theatres and the National Arts Festival in Grahamstown, among other places.

[Continued overleaf...]



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FLORAL KNIT R1 600 TED BAKER
AT STUTTAFFORDS
GRAHAM MALE WATCH R2 500
TOMMY HILFIGER AT
S.BACHER & COMPANY
LEATHER BELT R300 MURATTI
STRAIGHT LEG JEANS R800 LEVI'S

He describes the process as draining. "Looking back, I think it just wasn't the show for me. I did everything in that show and it took all of me. It was just too much work." So he turned his focus to charity and TV presenting. "I think I'm more of a personality," he says. "I want to do something with my profile. I want to change lives."

But with fame comes Twitter followers by the thousands, and Siv has had his fair share of backlash. His controversial tweets have seen him lambasted by Black Twitter – and he doesn't mind, even though they're the reason for his reputation as a try-hard cheeseboy. "What people think of me has nothing to do with me. Honestly, I wish people knew how much good the attention on Twitter does for me. It's boosted my profile; a lot of brands want to work with me and I get more gigs because they see someone honest and uncensored. People can relate to that, and they gravitate towards it."

It's this kind of optimism and big-picture thinking that's spurred him forward in all respects and when he reflects on his style, even he can't believe he's come this far. "Poverty was my worst fashion mistake. Not growing up with much, I couldn't get the clothes I really wanted, so I dressed badly and would envy others when they looked good." Now he's one of the best-dressed guys around. What helped him the most? Confidence. "If you're wearing a plastic bag, you need to wear the shit out of it. Whatever it is, you can make it look good." And if that doesn't work, a smile will work just as well, says Siv.



LINEN SHIRT R1 900
SCOTCH & SODA
ARMBAND R3 000 EMPORIO ARMANI AT WATCH REPUBLIC
WOVEN BELT R500
COUNTRY ROAD
SLIM-FIT JEANS R2 000
CALVIN KLEIN
SNEAKERS R1 500
LE COQ SPORTIF



"I want to do something with my profile. I want to change lives"

FIND YOUR STRONG SUIT

NAIL THE LOOK WITH SIV'S 3 RULES

BACK TO BLACK

"You can never go wrong with a tailored suit. I have lots of suits in lots of different colours but black will always be the safest option. If you're starting your suit collection make sure you have a black suit that fits perfectly before you consider any other colour."

MAKE IT YOURS

"I always wear an 'S' ring or necklace to make the look truly mine. I love jewellery and shoes too – I like to use accessories to personalise my look and show off my personality."

FORGET ABOUT THE PRICE TAG

"My favourite pair of jeans didn't cost more than R500. As much as I love a good brand, I always make the fit my priority. I have a weird body type, so I'll choose something that looks good on me over a hefty price tag any day."



**SLIM-FIT SUIT JACKET R1 200
AND PANTS R600 BOTH H&M**
POCKET SQUARE R500
TIGER OF SWEDEN
FLORAL T-SHIRT R700 TED BAKER
NEUTRAL WATCH R695 DANIEL
KLEIN AT CJR GIFT SALES
CANVAS BELT R500
COUNTRY ROAD
METAL LINK ARMBAND R550
POLICE AT CJR GIFT SALES

THE ESSEN- TIALS



▶ HOW DOES
A STYLISH
MAN BUILD
HIS WARD-
ROBE? WITH
THESE 16
KEY ITEMS

01



BOLD GOLFER

02



BROKEN-IN CHINOS

03



LIGHTWEIGHT SUIT

04



SIMPLE SNEAKERS

05



LEATHER JACKET

06



FITTED T-SHIRT

07



BUTTON-DOWN SHIRT

08



TAILORED TROUSERS

09



DISTINCTIVE ACCESSORIES

10



SIGNATURE SCENT

11



DECONSTRUCTED BLAZER

12



DARK JEANS

13



STANDOUT DRESS SHOES

14



LIGHTWEIGHT KNIT

15



CRISP DRESS SHIRT

16



NAVY BLUE SUIT

THE DENIM REVIVAL

From skinny to slouch, upgrade your denim collection at River Island this season. A good fit is everything so find the perfect pair using the River Island Jeans fit guide. Whether with shoes, boots or trainers, you'll totally nail your casual look for the months ahead.



SUPER SKINNY

Crafted from premium stretch fabrics, the Danny superskinny will sharpen your silhouette; available in a range of colours and distressed finishes.

R599

SKINNY STRETCH

With a regular rise and stretch denim construction, these are right on-trend, available in a range of washes and natural fading effects.

FROM R599



DYLAN



DEAN



RYAN



CHESTER

SLIM

If you're not entirely comfortable with all-out skinny, a slim leg is slightly more relaxed and perfect for everyday style.

R849

STRAIGHT

Your easy-to-wear jeans. Wear with a tee and plimsoll by day or with a tailored shirt and chukka boot at night.

R949

JOGGER

With an elastic waistband, drop crotch and cued ankles, this style perfects a laidback look with ease.

R799

TAPERED

Features a drop crotch and tapered leg. The Chester is a great staple for Monday - Sunday*.

R949

RIVER ISLAND

BAYWEST, BROOKLYN, CANAL WALK, CLEARWATER, ROSEBANK MALL, SANDTON CITY, THE GROVE NAMIBIA & SELECTED EDGARS STORE. THE CHESTER IS ONLY AVAILABLE AT BROOKLYN & BAYWEST MALLS ONLY.



Enjoy
your
rewards!



MAKE A SPLASH!

Collect the right wardrobe elements, combine them with flair, and your personal sense of style will take flight. You never know where you might land

| FASHION EDITOR AZEEZ JACOBS
PHOTOGRAPHS JONATHAN TAYLOR





◀
POOL YOUR RESOURCES
Invest in quality. Primo pieces
survive many launderings

01

Bold Golfer

●
BUY Flex your right to bare arms: the sleeves should end about halfway down your biceps.

WEAR Outside on sunny days or
inside underneath a jersey or
tailored jacket.

VINTAGE GOLFER R1 200 SUPERDRY

BUSTER REGULAR SLIM TAPERED JEANS R3 000 DIESEL

SNEAKERS R1 300 ONITSUKA TIGERS AT JORDAN FOOTWEAR

02

Broken-In Chinos

●
BUY They should fit like tailored pants – or even better, jeans. And pass on any chinos with pleats.

WEAR Shake things up with a pair in green or burgundy: colours that stand out and still go with everything.

DENIM SHIRT R2 300 DIESEL

STRIPED T-SHIRT R350 COUNTRY ROAD

BELTED CHINOS R400 IDENTITY

BOAT SHOES R1 600 PESO

03

Lightweight Suit

●
BUY Skip the pant cuffs. They're less fashionable than a neck beard.

WEAR Loosen up a bit. If you learn how to look relaxed in a suit, people will assume that you were born to wear one.

JACKET R1 200 AND PANTS R500

D66 AT EDGARS

CHECKED SHIRT R2 099 SUPERDRY

CANVAS BELT R600 LE COQ SPORTIF

04

Simple Sneakers

●
BUY You're looking for classic designs and neutral colours.

WEAR If you keep them clean, you'll be able to pair them with dark jeans, bright chinos or even a suit.

SNEAKERS R1 400 LE COQ SPORTIF

U 5

Leather Jacket

BUY Make sure the fit is snug, and stay away from excessively shiny buttons and zippers. Soft, buttery leather is better than rigid and heavy. And the olive green colour is refreshingly badass.

WEAR You could live in this thing. Over a T-shirt with jeans? Great. Over a shirt and tie? Even better. Feel free to test the boundaries.

LEATHER BIKER JACKET R12 200
TIGER OF SWEDEN



STYLE SECRET: ELEVATE YOUR SHOE GAME

"Believe me, people judge you by your shoes, so look after them and make sure they're always clean... especially white sneakers."

—LUNGA SHABALALA





*smooth
operator*

keep watching at diesel.com/watches

DIESEL

CARRY THAT LOAD
Functional style
can help ease your
weekend chores



06

Fitted T-Shirt



BUY Go for 100% cotton or a touch of polystretch. It should be snug, unlike the free one you got after that race.

WEAR You can wear a blazer over it; you can't wear it with suit pants. Ever.

PRINTED T-SHIRT R330 TOPMAN
LEATHER ARMBAND R350 POLICE AT
CJR GIFT SALES
BEADED ARMAND R750 MJ COLLECTION
WOVEN BELT R259 TOPMAN
SLIM-FIT JEANS R2 900 REPLAY
SHE WEARS
EARRINGS R300 COUNTRY ROAD
LACE VEST R120 COTTON ON
BOY SHORTS (PACK OF 3) R160
SHELLY AT EDGARS

THE AVERAGE GUY



39%

Number of men who
buy new clothes at least
once a month*

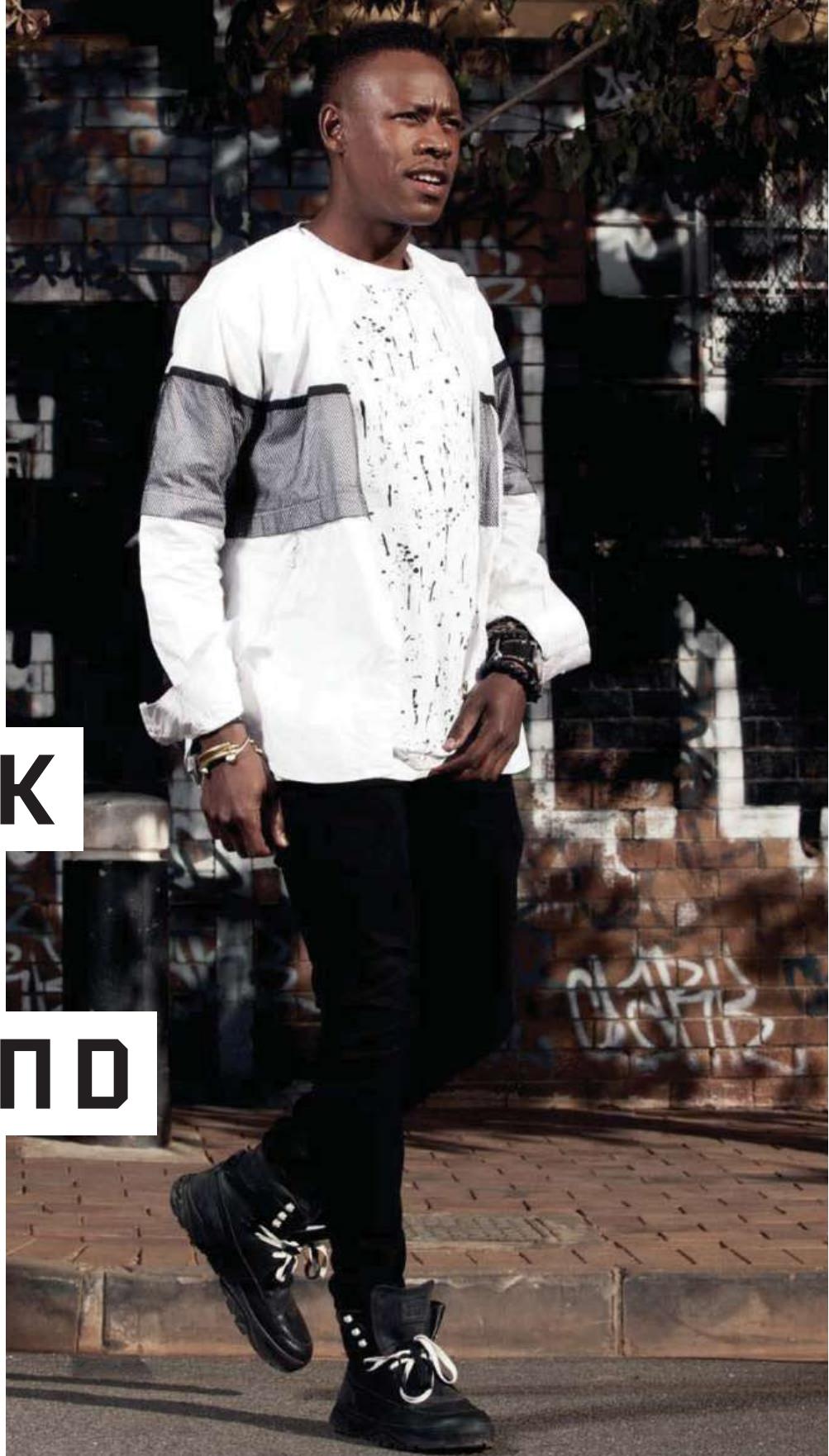
BREAK NEW GROUND

Behold the power
of black and yellow.

Earn the privilege to make
a scene, to move the
Earth, shape the city.

***Introducing Paledi
Segapo #Earthmover***

**FORGED BY WORK.
DRIVEN BY LIFE.**



catfootwear.com
#EARTHMOVERS



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4 TRICKS FASHIONABLE GUYS KNOW

DETAILS ARE EVERYTHING.
SHARPEN YOUR IMAGE WITH
A FEW SIMPLE TWEAKS

Fit Your Face



Wide Face

Narrow collars lengthen your face, says David Hamilton, co-owner of Hamilton Shirts.



Medium Face

Go with a semi-spread collar. It's classic, and it will create the perfect cradle for a tie knot.



Thin Face

Have a mug like Ethan Hawke's? A spread collar can strengthen your jawline, says Hamilton.

Train Your Tailor

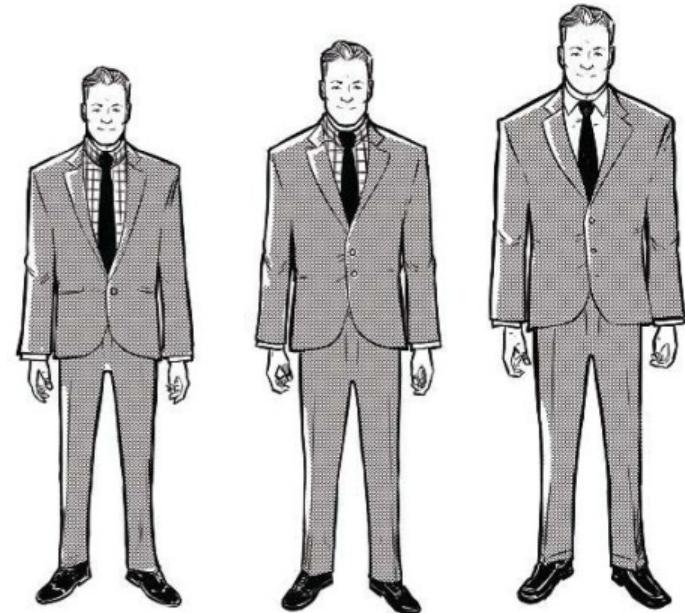


1/ Strengthen the Silhouette Have the shoulder seams set directly atop your shoulders, says Matt Harpalani of Imparali Custom Tailors.

2/ Show Some Hand The sleeves should end at the crook of your wrist. You want them short enough to leave a quarter inch of your shirt cuffs exposed.

3/ Cut It Short Ask your tailor to take up the bottom of your jacket so it covers most of your butt.

Dress for Your Height



Short/One-Button

A single-button suit leaves more of your shirt exposed, so you look taller. "That longer V in your chest will elongate your torso," says Harpalani.

Average/Two-Button

Truth is, nobody looks bad in a two-button suit, says Harpalani. If you're medium height (or just content to look short or tall) make this your default.

Tall/Three-Button

Big man in a small world? This is your cut. The longer front panel leaves a shorter vertical line coming from your collar, so you appear like less of a giant.

Rescue Your Drowned Shoes



1/ Dry

First, wipe them off with a clean cloth. "Leaving leather wet can ruin it," says Lane Gerson, cofounder of the foot-wear brand Jack Erwin.

2/ Stuff

Put crumpled newspaper in them; replace when saturated.

Repeat until almost dry.

3/ Condition

Rub them down with a good leather conditioner. — DAN MICHEL

►
WEAR THE PANTS
Slim-fit trousers set
you apart from the
blue-jeaned masses

M H
S T Y
L E



07

Button-Down Shirt

- **BUY** Aim for versatility: it should be short enough to leave untucked when a casual look is needed.
- **WEAR** Looks better slightly wrinkled. And the buttons at the collar will keep your collar from flapping around.

08

Tailored Trousers

- **BUY** Don't go too heavy; lightweight wool will hug your frame better and keep you cool in stuffy meetings.
- **WEAR** These aren't your distressed weekend jeans, dude. Hike that waist up to just below your navel.

AVIATOR REFLECTIVE SUNGLASSES

R2 060 RAY-BAN AT LUXOTTICA

POLKA-DOT BUTTON-DOWN

SHIRT R700 COUNTRY ROAD

STRIPED TIE R500 TRENDY

WOODEN TIE PIN R120 NIC HARRY

LEATHER-STRAP WATCH R6 250

HUGO BOSS AT S.BACHER & COMPANY

HARRINGTON JACKET R1 000 AND

LEATHER BELT R500 BOTH TRENDY

SLIM-FIT TROUSERS R550 TOPMAN

BEADS R750 MJ COLLECTION

THE AVERAGE GUY



46%

Number of men who
spend R8 000-plus on
clothing each year*

U 9

Distinctive Accessories

BUY Bracelets, watches and necklaces are only as good as the quality of their materials. Look for brass, silver, leather, wood or anything else you can feel proud of.

WEAR Skinny bracelets can be grouped together, even a casual-looking watch with a canvas strap too.

LEATHER ARMBAND R500

STERNS

CUFFLINKS R700 T.M. LEWIN

AT EDGARS

SUNGASSES R4 800 TOM FORD AT SDM EVERWEAR

DOG TAGS R2 300 EMPORIO

ARMANI AT WATCH REPUBLIC

PASSPORT HOLDER R630

MATBLAC

POCKET SQUARE R800 TIGER

OF SWEDEN

WOODEN TIE PIN R120

NIC HARRY

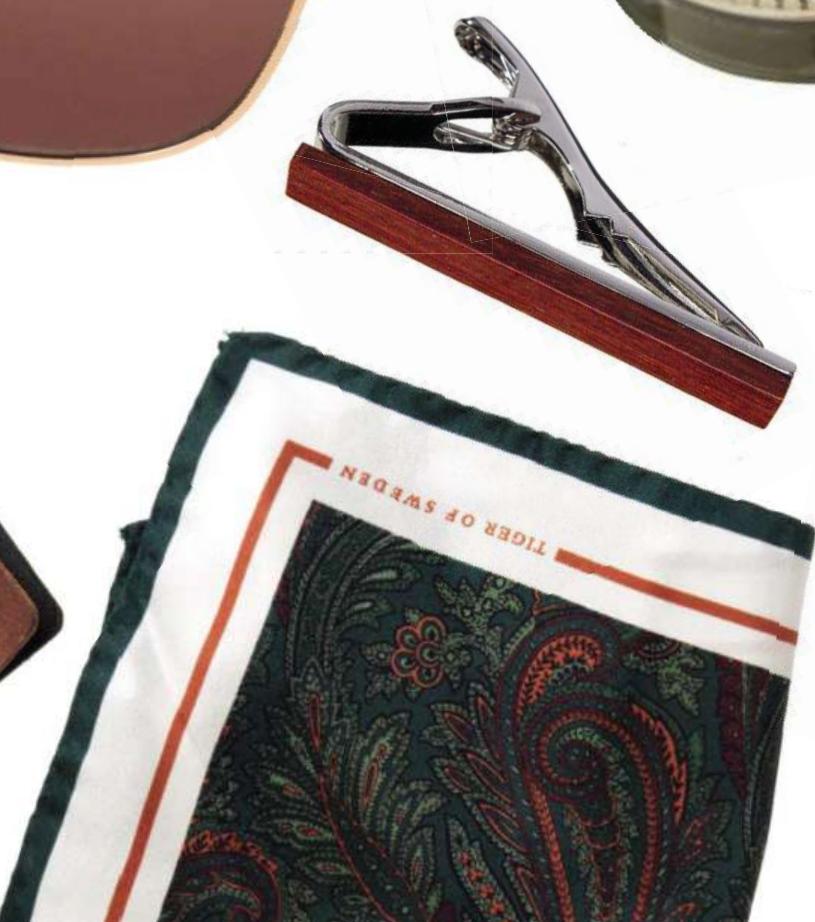
LEATHER WALLET R3 995

EMPORIO ARMANI

BREITLING CHRONOLINER STEEL

WATCH R9 200 CHARLES GREIG





10

Signature Scent

BUY When fragrance shopping, singer Jesse Clegg suggests looking for something that won't overpower you, especially if you're conservative about how you smell. "I like subtle fragrances, nothing too floral and sweet."

WEAR The bottle is a work of art; what's inside it is even better. Spritz some on on date night.

DUNHILL ICON 50ML EDP
R995 FOSCHINI

THE AVERAGE GUY



61%

Number of guys who prefer to do their clothes shopping solo*

11

Deconstructed Blazer



BUY Because it lacks the lining and padding of a traditional blazer, this jacket will feel light on your shoulders.

WEAR It works anywhere you'd rock a normal blazer. The difference is, it keeps you from drowning in sweat on hot days.

12

Dark Jeans



BUY When you find the perfect fit, buy three pairs. You'll be set for years – dark denim never goes out of style.

WEAR Straight-leg jeans are versatile enough to combine with anything from a blazer to a jersey.

UNLINED BLAZER R3 890

DANIELE ALESSANDRINI AT SPAGHETTI MAFIA

LEATHER STRAP WATCH R4 300

EMPORIO ARMANI AT WATCH REPUBLIC

NATURAL STONE BEADS R650

MJ COLLECTION

V-NECK T-SHIRT R150

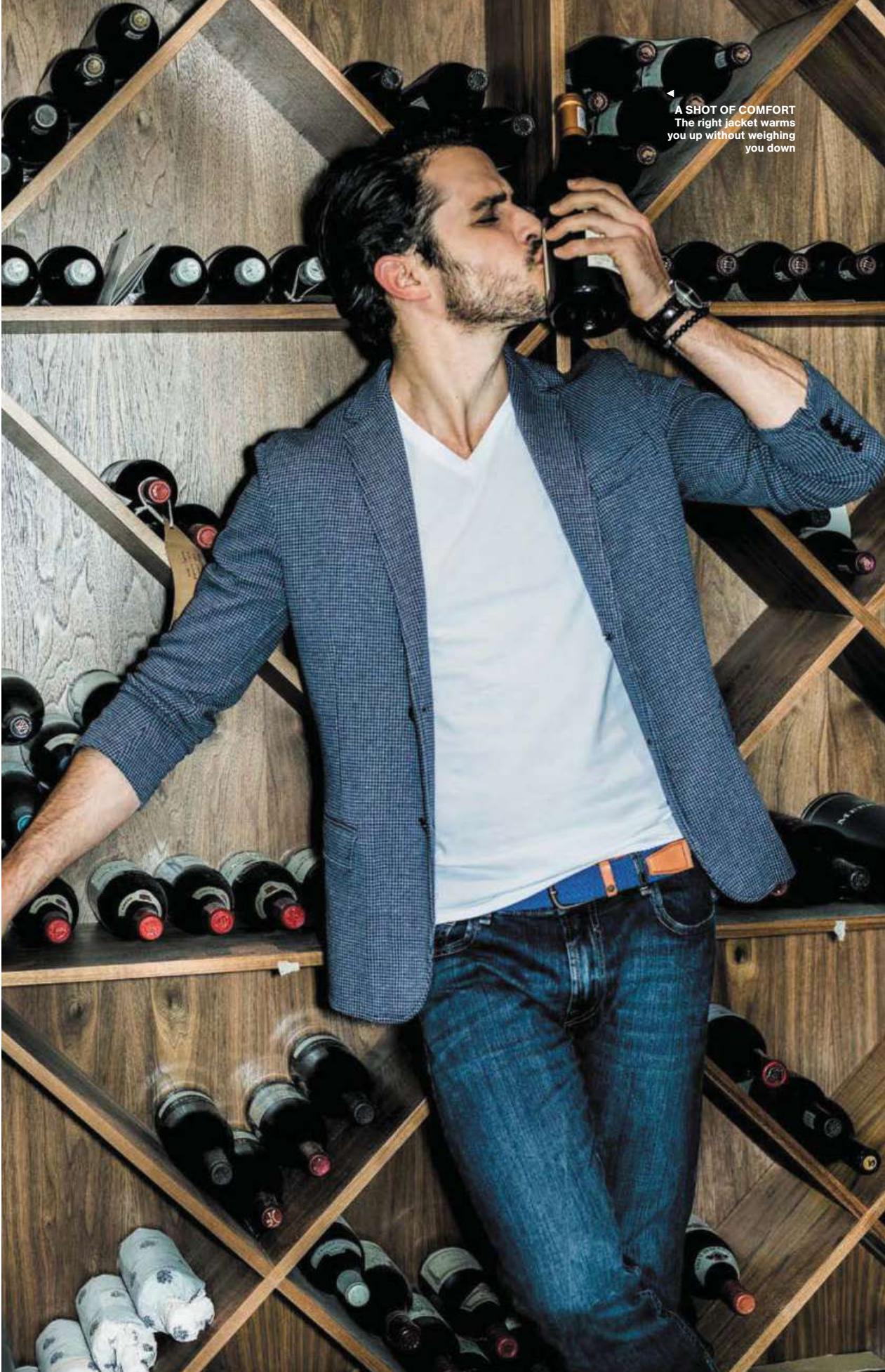
COTTON ON

WOVEN BELT R500 TED BAKER

Straight leg jeans R800

GUESS AT SPREE

A SHOT OF COMFORT
The right jacket warms you up without weighing you down





DUNEMH_L0CTIS

Dune

L O N D O N

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your
Card!



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your
rewards!

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Highveld Mall, Rosebank Mall, Canal Walk, Centurion Mall, Sandton City, Baywest Mall and selected Edgars stores.



Standout Dress Shoes

●
BUY Leather or suede. They're the uppers worth investing in.

WEAR Break out from wearing dress shoes only with trousers. Your sharp looking shoes want to get around – and they'll look great with distressed denim or chinos.

SUEDE SHOES R1 495
TOSONI AT SPITZ



1



STYLE SECRET: SYNC YOUR HUES

"If you're going to wear a bright colour, make sure it's with one item and that the rest of your outfit is more subtle to avoid looking like a rainbow. Pastel and denim are always a safe bet."

– SIYA BEYILE, A.K.A. THE THREADED MAN

3



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THERE. AND LOOK GREAT
EVERYWHERE

01

Golfers



IDENTITY
R240



DANIEL HECHTER AT
TRUWORTHS R440



KURT GIEGER
R995



IDENTITY
R400



LE COQ SPORTIF
R1 400



TIGER OF SWEDEN
R2 700

03

Suits



DANIEL HECHTER AT
TRUWORTHS R1 200
(BLAZER) R525 (TROUSERS)



H&M R1 200 (BLAZER)
R600 (TROUSERS)



COUNTRY ROAD
R2 800 (BLAZER)
R1 500 (TROUSERS)



DICKIES
R300



ADIDAS ORIGINALS STAN
SMITH HIGH-TOPS R1 500



JACK PURCELL AT
STUTTAFORDS R1 800

07

Button-down
Shirt



D66 AT EDGARS
R400



OLD KHAKI
R425



LYLE & SCOTT AT
STUTTAFORDS R700

10

Signature
Scent



BALDESSARINI ULTIMATE
50ML EDT AT EDGARS
R680



BOSS THE SCENT BY HUGO
BOSS AT EDGARS 100ML EDT
R1 185



VIKTOR & ROLF SPICEBOMB
EXTREME AT STUTTAFORDS
90ML EDP R1 395

11

Deconstructed
Blazers



ZARA
R1 300



GAP AT STUTTAFORDS
R1 500



DANIELE ALESSANDRINI AT
SPAGHETTI MAFIA R4 480

12

Dark Jeans



SOVIET AT EDGARS SLIM-FIT
R500



KURT GIEGER STRAIGHT-LEG
R1 495



DIESEL REGULAR SLIM
TAPERED R3 000

14

Lightweight
Knits



RIVER ISLAND
R500



TRENDY
R800



SCOTCH & SODA
R1 200

15

Dress Shirts



D66 AT EDGARS
R400



COUNTRY ROAD
R700



KURT GIEGER
R995



14

Lightweight Knit

●

BUY It should feel soft to the touch. Natural fibres – like merino wool, cashmere or a cotton linen blend – breathe better than synthetics.

WEAR Layer it between a collared shirt and tailored jacket.

HEADPHONES R800
SKULLCANDY
LIGHTWEIGHT KNIT R2 000
LYLE & SCOTT AT STUTTAFORDS
CHASER WATCH R3 065 GUESS
AT S.BACHER & COMPANY
SLIM-FIT JEANS R2 600 SALSA
AT EDGARS



►
BLUE NOTE
It matches the sky.
Of course it works
with everything

SLIM-FIT JACKET R1 200 AND
PANTS R500 D66 AT **EDGARS**
PRINTED SHIRT R1 500 **TED BAKER**
PRINTED TIE R500 **TRENER**
TIE PIN R120 **NIC HARRY**
LEATHER-STRAP WATCH R1 795
OBAKU AT **CJR GIFT SALES**
SOCKS R50 **FALKE** AT **STUTTAFORDS**
MORGAN WEARS
EARRINGS R200 **COUNTRY ROAD**
DRESS R1 400 **LIPSY** AT **EDGARS**
BEADED BRACELET R550 AND **LEATHER**
ARMBAND R700 **BOTH COUNTRY ROAD**

15

Crisp Dress Shirt



BUY A smooth touch is good; it indicates tightly woven cotton. And a little stretch will do wonders for comfort.

WEAR Iron it and tuck it in. Yes, always. You should have only 2 to 5 centimetres of slack when you pinch it at the waist.

16

Navy Blue Suit



BUY This one suit will stylishly see you through weddings, job interviews, board meetings and dinner parties hosted by your girlfriend's best friend.

WEAR It's simple: button it when you stand. Unbutton it when you sit – and stop slouching.

STOCKISTS

ADIDAS ORIGINALS 021 421 8272
CALVIN KLEIN 021 418 1185
CHARLES GREIG 021 418 4515
CJR GIFT SALES 011 257 6000
COTTON ON 011 268 3700
COUNTRY ROAD 0860 022 002
DIESEL 011 630 4000
EDGARS 0860 692 274
FOSCHINI 0860 576 576
EMPORIO ARMANI 021 425 7083
H&M 021 826 7300
IDENTITY 0861 433 684
JORDAN FOOTWEAR 021 590 7000
KURT GEIGER 0860 434 437
LACOSTE 021 421 8836
LE COQ SPORTIF 011 784 6334
LEVI'S 021 403 9400
LUXOTTICA 0861 486 100
MATBLAC matblac.com
MJ COLLECTION 012 666 8897
MURATTI 011 615 0133
NICHARRY nicharry.com
OLD KHAKI 021 464 5800
PESSO 011 465 1550
PICOT & MOSS 011 669 0500
REPLAY 021 418 8507
RIVER ISLAND 021 555 3691
S.BACHER & COMPANY 011 372 6000
SCOTCH & SODA 011 784 3233
SDM EYERWEAR 011 334 7020
SKULLCANDY 011 262 0399
SPAGHETTI MAFIA 021 424 0696
SPITZ 0860 109 321
SPREE 087 740 1010
STERN'S 021 938 1250
STUTTAFORDS 011 879 1000
SUPERDRY 011 784 0496
TED BAKER 011 450 1156
TIGER OF SWEDEN 011 440 3235
TOPMAN 021 419 5900
TRENER 0860 022 002
TRUWORTHS 0861 878 937
WATCH REPUBLIC 021 418 0045
ZARA 021 446 8700